

Wildflower 2023



Yoga & More

Apr. 28-30 | Paicines Ranch

Frequently Asked Questions

How do I get to Paicines Ranch, and when should I arrive?

Plan to arrive at Paicines at 4pm on Friday, April 28.

Paicines Ranch is nestled in the heart of San Benito County, CA, among the sweeping oak-studded hills, about 1 hour south of San Jose and 2 hours south of San Francisco. We are happy to connect people flying in, if you'd like to arrange for ride sharing to Paicines. The entire retreat will take place at Paicines, so no cars will be necessary during the retreat.

Please enter "Paicines Ranch" into Google Maps for the most accurate directions, or follow along below:

- If driving from San Francisco or San Jose, follow 101 South through Gilroy. Exit onto Highway 25 toward Hollister - approx 12 miles to Hollister.
- Continue past the towns of Hollister, Tres Pinos, and Paicines. One half mile past the Paicines General Store, turn right onto the next available road, Cienega. Look straight and turn into the big green gate (DO NOT GO left onto Cienega Rd.)
- Once through the gate, drive down the road and follow signs toward the Office and continue past the Office to the Event Center Barn. Parking will be on your left. Follow signs to Check-in.
- *Please note: You will likely not have cell phone reception during the last 5 minutes of the drive so please plan ahead!*

What should I pack?

April is a lovely time of year in the San Benito Hills! As always in Northern California, temperatures vary greatly throughout the day, so plan for layers.

- Yoga/activewear for most of the daytime activities
- Sneakers for hiking on smooth dirt trail/road
- Something "festive casual" for Saturday night dinner
- Jacket for cool evenings

- Water bottle
- Sun hat, sun screen, sun glasses
- A journal and pen
- Yoga props (mat, strap, blanket, blocks). If you don't have yoga equipment, or if you're flying in for the retreat, we'll take care of you! Please indicate on the registration form which props you will bring.

What will we eat?

We will feature vegetarian and vegan dishes at all meals. For those who eat meat, we will offer humanely raised options. Paicines Ranch is a model of sustainable ranching, a healthy place for animals, plants, humans, and for the planet. Please inform us of any dietary restrictions and food preferences on your registration form.

What type of yoga will we practice, and is it okay if I don't have much experience?

We'll practice yoga together morning and evening during the retreat. In our morning Wake Up and Flow practices, we'll take the time to break down and practice each pose, and as the class progresses, we'll link the poses together into flowing vinyasa sequences. Prepare for deep relaxation and a greater emphasis on restorative poses in our evening Slow Flow practices. We'll teach to all levels in the room and encourage students to use props and tune-in to your unique needs.

Will we be riding horses?

Not this time. But we will participate in a special afternoon with horses, guided by Wendy Millet of [Gallop Ventures](#). Wendy will lead us in on-the-ground interactions where we can learn about ourselves based on reflection from the horses. Watch this 4-minute [video](#) for a preview of the type of work we'll do with Wendy.

What am I paying for?

Wildflower 2023 is an all-inclusive retreat featuring yoga, meditation, guided journaling, reflective work with horses, lodging, and healthy, delicious meals. Paicines Ranch has partnered with us to offer us their lowest rates for food and lodging. Our retreat leaders and special guests are offering their services at low to no-cost, in the spirit of coming together in friendship and community for this, our first of hopefully many future Wildflower Retreats!

How much does this retreat cost, and what is the cancellation policy?

Cost:

In order to hold your place, full payment is due upon registration. Payment ranges from \$450 to \$700, depending on timing and lodging options. Receive an Early Bird discount (\$50 off) if you register by March 15!

Cancellation:

50% refund available if you cancel by 11pm on April 14.
No refund available if you cancel after April 14.

Who are your hosts?

Trina Currier and **Margie Suozzo** love building community, particularly when it involves personal and spiritual development and the outdoors. This retreat is a natural continuation of many years of organizing group excursions, meditation classes, yoga classes, hikes, and other experiences for friends. Both have recently completed their Yoga Teacher Training in Alignment-Based Vinyasa (RYT 200) and have been team-teaching yoga in-person and online since December. You can read more about them in their bios [here](#).

Who are our special guests?

We are very excited to bring together an amazing team of special guests for Wildflower 2023!

- **Carrie Contey**, Ph.D. is a renowned psychologist and teacher, traveling to us from Maine, where she guides, supports, and inspires her clients to live with wide-open and courageous hearts. Carrie masterfully synthesizes and articulates the science, psychology, and spirituality of humanhood. You can read more about Carrie [here](#).
- **Wendy Millet**, when she's not directing operations at TomKat Ranch in Pescadero, California, leads workshops with [Gallop Ventures](#) in personal and team growth and development using the wisdom of horses as spiritual, reflective guides. You can read more about her [here](#).
- "The Song Gardeners," **Mary Gospe and Corrie Dunn**, create and perform New Age Pop with positive, empowering messages and a chill, toe-tapping vibe. The award-winning duo performs regularly in the San Francisco Bay Area. You can learn more and view their upcoming shows [here](#).

Still have questions?

Email contactus@soulhealingstudio.com.