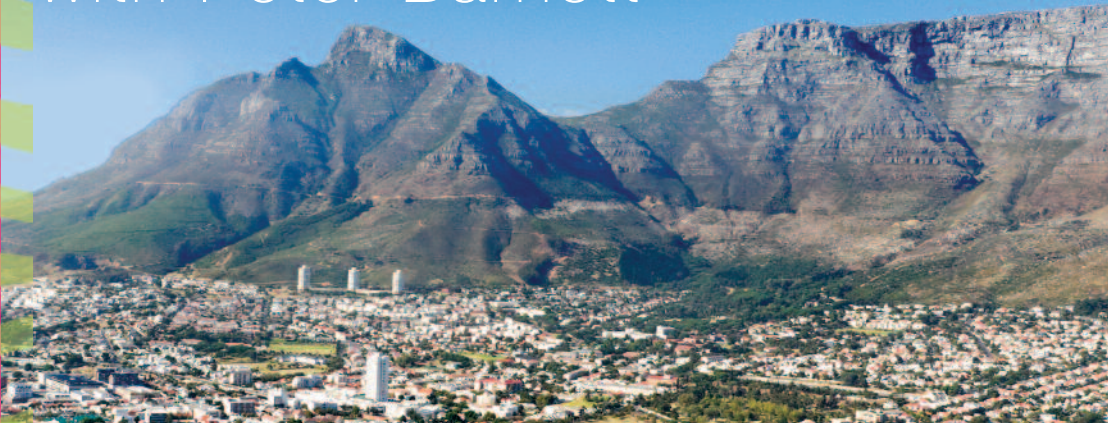


March 16-31, 2009

South African Adventure

An Extraordinary Vacation with Peter Barnett



Join Me on an Unforgettable Adventure

I was born and raised in Cape Town, an unofficial wonder of the world that holds Mother Nature captive with its beauty. An international jewel, Cape Town is an endlessly unfolding complex of culture and nature. It's been a dream of mine to share its wonder and beauty with an exclusive group.

Allow me to show you this fine city... after we take a little journey through the Eastern Cape region of South Africa. We will be spending six nights at three spectacular locations (two nights at each) as we travel down the Garden Route to Cape Town.

Upon arrival in Port Elizabeth, our journey will begin with an evening stay at one of South Africa's finest beachfront hotels, The Paxton.

Enjoy two days at the exclusive Big Five game reserve of Kichaka in the Eastern Cape. We'll go on safari to see the Big Five: lion, leopard, elephant, rhino and buffalo.

Our next two-day destination will be the 19th century Fancourt Manor House and Country Club Estate located at the foothills of the Outeniqua Mountains amidst four golf world class courses.

Then we're off to the wine country! We'll spend two nights in the quaint village of Franschhoek.

And finally it's beautiful Cape Town where we'll have six spectacular days at our own house high on the slopes of Table Mountain to unwind, sight-see and explore the city's riches.

Throughout our travels there'll be opportunities to ground and energize ourselves with a rotation of optional yoga classes, golf, hikes, walks, and beautiful beaches (yes it will be summertime down there!).

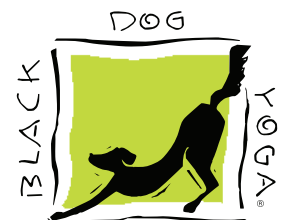
And there'll be so much more to enjoy. Jump, step or float into the experience with me.

Namasté,

There's room for only 8 on this adventure! Meditate on it – then book it.

The total cost of this luxury vacation, including airfare on SAA (partnering with United) is \$7,250.

Please book through Black Dog Yoga: 818.380.0331 or for more information, email us at retreat@blackdogyoga.com



an eclectic mix of hatha yoga™

blackdogyoga.com