

JOIN CHINATSU WITH STUDIO EARLY BIRDS


AUTUMN DESERT YOGA RETREAT

YUCCA VALLEY, CALIFORNIA SEPTEMBER 5 - 8 2025

EMBRACE FULL MOON AND DESERT ENERGY FOR HEALING AND RELAXATION

DEEP DIVE INTO YOUR YOGA PRACTICE TO CONNECT WITHIN. EMBRACE THE SUN AND MOON AS YOU HARNESS THE POWERFUL ENERGY OF FULL MOON IN THE DESERT. JOIN OUR AUTUMN DESERT YOGA RETREAT DESIGNED TO PURIFY OUR BODY AND MIND, PREPARING YOU FOR THE NEW SEASON AHEAD. EXPERIENCE RELAXATION AND REJUVENATION AS YOU CONNECT WITH NATURE AND YOUR INNER SELF. LET THIS TRANSFORMATIVE JOURNEY GUIDE YOU TOWARDS HAPPINESS, PEACE AND HARMONY.

RETREAT HIGHLIGHTS

*Early Bird End
March 3rd* 

YOGA: SELF-LOVE

Daily yoga practice with Chinatsu includes sunrise energizing vinyasa flow, sunset slow pace practice, meditation and learning basic yoga philosophy at fully equipped inside/outside yoga shala.



NOURISHING + RELAXING

100 % organic plants base cuisine by a private chef specializing in nutrition and healing. Cozy relaxing rooms. Cold plunge, outside jacuzzi with view, swimming pool, fire pit and massage option.



THE SUN AND MOON

Outdoor activities helps you to align with nature, our core and create meditative status. Hike in Joshua Tree National Park option during a free time. Watching stars with a guide at night. labyrinth at the site.



WWW.EARLYBIRDS CALIFORNIA.COM