

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



TAKE A DEEP DIVE INTO YOUR YOGA PRACTICE AND CONNECT WITHIN. EMBRACE THE SUN AND MOON AS YOU HARNESS THE POWERFUL ENERGY OF THE FULL MOON IN THE DESERT. JOIN OUR AUTUMN DESERT YOGA RETREAT DESIGNED TO PURIFY THE 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

### YOGA: SELF-LOVE

An energizing morning vinyasa flow yoga practice and a slow pace evening practice followed by a meditation at a fully equipped inside/outside yoga shala. You will also learn basic yoga philosophy.

### NOURISHING + RELAXING

Organic plant based cuisine created by a private chef specializing in nutrition and healing. Comfortable accommodations, a cold plunge, a jacuzzi, a swimming pool, fire pit and a massage option.

### THE SUN AND MOON

Outdoor activity helps you align with nature, our roots. There will be an opportunity to take a hike at the Joshua Tree National Park or take a stroll through the labyrinth during free time. Enjoy tranquil star gazing at night.

*Early Bird ends  
the end of  
March*



CONTACT ME: [HELLO@EARLYBIRDSICALIFORNIA.COM](mailto:HELLO@EARLYBIRDSICALIFORNIA.COM)



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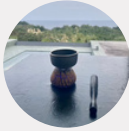
# Nature knows how to heal and rejuvenate

This retreat is your chance to reconnect with nature and find balance.



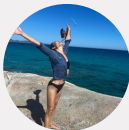
## Unwind and slow down:

We enjoy simplicity of what the desert has to offer.



## Purify our body and mind:

Be with the feeling after immersing yourself in practice.



## Harness our fire within:

The desert and full moon transform us. Let's embrace the fire!

CHINATSU WILL GUIDE A 4 DAY WELLNESS JOURNEY

## Chinatsu Kambayashi

"Our mind creates our reality". "When you love, life is infinite". These are her beliefs! Yoga, energy healing, and meditation practitioner. E-RYT 800+ forever! Body mind space designer as Studio Early Birds, a creative studio. After a wonderful and successful interior designer's career, yoga and diet rejuvenated her joy and happiness. Sharing her life journey is greatest purpose of life.

## QUESTIONS?

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ZARA, A LOCAL PRIVATE CHEF WILL NOURISH OUR BODY AND HEART