

Spas, Retreats & Travel

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Guest Houses

COMMONWEAL

Commonweal, a nonprofit institute with service and research programs in environmental health, is located on a beautiful 60-acre site overlooking the Pacific in the Point Reyes National Seashore, near the small town of Bolinas, about one hour's drive from San Francisco.

Our **three furnished guest houses** are available to **small groups** for retreats, workshops, conferences, and similar uses which are **compatible with** Commonweal's nonprofit purposes and with the peaceful, iso-

lated rural environment.

Pacific House is a historic, 12-bedroom building with a stone fireplace in the large living room and a fully equipped kitchen. **Bothin House** and **Kohler House** are smaller guest houses nearby, with two and three bedrooms, respectively, and with fireplaces.

Because the houses are often booked well in advance, early reservations are recommended.

For additional information, please visit our website:

www.commonweal.org
COMMONWEAL, P.O. Box 316,
Bolinas, CA 94924
415.868.0970

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Mountain Home Ranch

A Place for Gathering since 1913

MOUNTAIN HOME RANCH RESORT

A **GREEN** retreat facility. Our **ECO** program includes **healthy cleaning supplies, extensive recycling, and energy and water conservation programs. We grow a lot of the food we serve and buy as sustainable as possible. With over 300 acres to care for, we have expanded the use of renewable resources, including our popular**

COWposting, and have implemented an extensive permaculture program.

We know your needs are unique, so we have a wide range of spaces and activities to create a perfect gathering, including...

- 3 meeting rooms, large dining room, a 200-foot arbor and menus planned

especially for you and your dietary needs

- 2 swimming pools, tennis, volleyball, game room
- 300 acres for exploring, including a lake, and stream, a campfire site, a Labyrinth, and Mineral Springs

- We continue to prepare all your food from scratch, aka: **'Slow Food'**.
- Our 23 rooms feature **no televisions or phones**, further enhancing interactions with one another or self-contemplation —Wi-Fi for those who need to stay connected.
- Ten minutes to downtown Calistoga and 20 minutes to Santa Rosa.

MOUNTAIN HOME RANCH
3400 Mountain Home Ranch Rd.
Calistoga, CA 94515
707.942.6616
Website: www.MountainHomeRanch.com

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Retreat & Workshop Center

HARBIN HOT SPRINGS

Whether you are visiting for the first time or returning after many years, now is a great time to experience Harbin Hot Springs, our non-profit retreat center located in the wine region north of Calistoga.

Hike 1700 acres of wilderness... soak in natural hot, warm and cold spring pools... warm yourself in the sauna or on one of the

clothing-optional sun decks... then schedule a nurturing massage, *Watsu*® or pampering spa treatment. Our restaurant serves breakfast and dinner daily, or prepare your

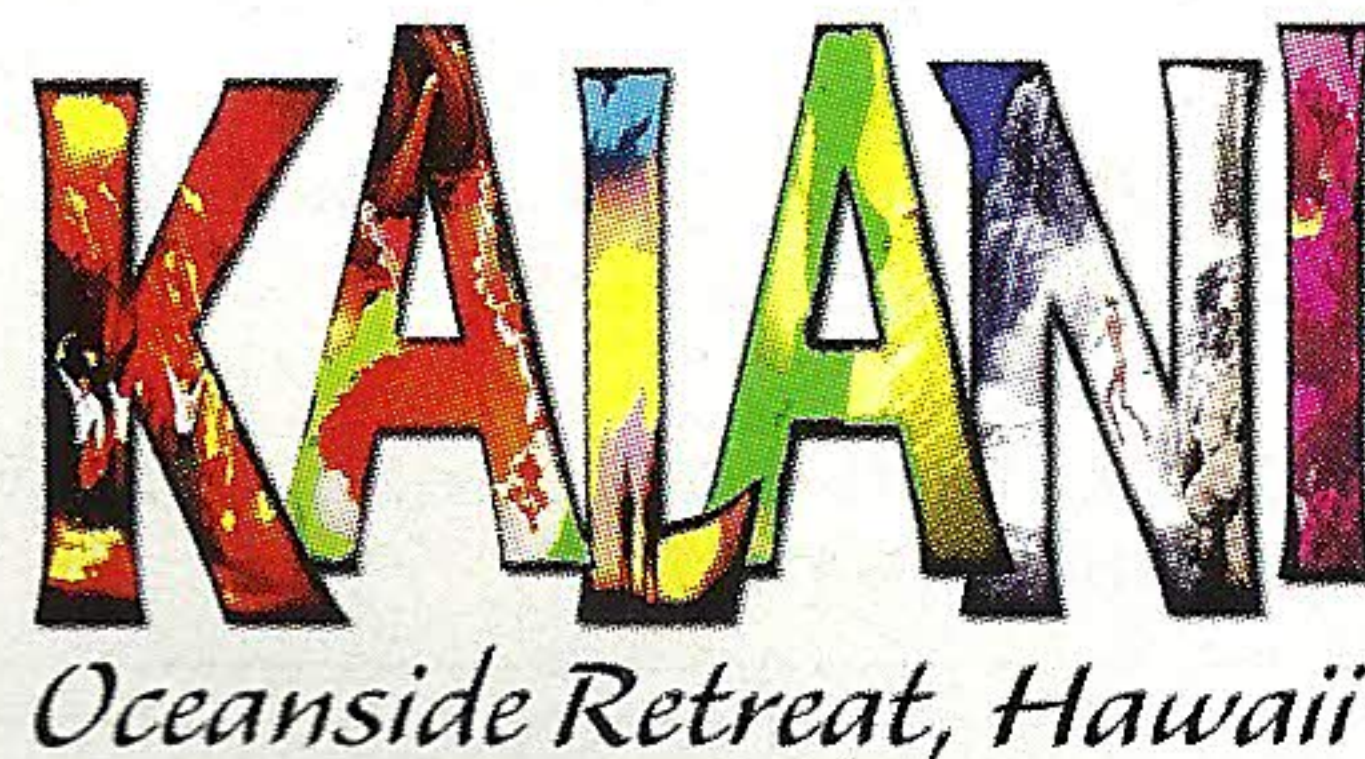
own vegetarian meals in the guest kitchen. Be sure to visit our garden, market, book store and cafés.

Free guest events include daily yoga and weekly dances. Weekend workshops and massage classes are held throughout the year. Secluded conference facilities for groups up to 300 are available. We also have openings for residential employment. Call or visit our web site for more details on any of these offerings.

Stop by for a day visit, or choose camping, dorms, private rooms or cottages for overnight stays. Room reservations are recommended. Ask about reduced weekday rates.

Reservations:
(707) 987-2477 (10am to 5pm)
CA toll-free 1-800-622-2477
Middletown, CA 95461
www.harbin.org/cg

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Hawaii Retreat

KALANI OCEANSIDE RETREAT

Revel in the spirit of aloha in our secluded retreat on the lush southeast coast of the Big Island of Hawaii.

Kalani celebrates nature, culture and wellness on our 120 coastal acres of botanical splendor along black sand beaches, near the world's most active volcano, where we invite you to meditate, sunbathe, play with

dolphins, practice in our daily yoga classes, dance, discover hidden waterfalls, and more. Enjoy our comfortable accommodations, delicious healthful cuisine, massage therapies; relax by our Olympic-size pool; or just lay back in Hawaii!

Kalani is one of the most potent and nurturing retreat centers in the world... - Shiva Rea

Come to vacation, to attend a workshop, or bring your own group to this corner of paradise called Kalani...

www.kalani.com
kalani@kalani.com
800.800.6886 or 808.965.7828

Special Products

Special Products



meaning to pause®

HAVE YOU BEEN MEANING TO PAUSE?

The **meaning to pause®** bracelet provides a gentle vibration to redirect your thoughts into the present moment and focus on the priorities in your life.

Meaningful pauses can be anything; awareness; mindfulness, being more present, prayer, meditation, gratitude, deep breathing, purge negative thinking or a random

act of kindness. At the end of every day, you will have experienced many meaningful moments by pausing to savor the beauty of life, instead of letting it pass you by in the rush of daily life!

The bracelet gently and privately vibrates every 90 minutes, prompting the wearer to take some sort of action. The core function of the bracelet is to **pause** from whatever you are doing and reframe your thoughts. There are endless ways to decide how you will use your pauses throughout the day.

Use promo code "common" at checkout to receive \$10.00 off any bracelet.
www.meaningtopause.com

Say you saw it in Common Ground!

