

Wine IN THE Pines

YOGA RETREAT

SEPTEMBER 10-13, 2026
SUMPTER, OREGON

*Relax. Renew.
Reconnect.*

- 🌲 Daily yoga & meditation
- 🌲 Nourishing, homemade meals
- 🌲 Creative art experience
- 🌲 Restorative sound bath
- 🌲 Guided nature walk
- 🌲 Massage available
- 🌲 Camping included

*Rest, connect, and
be inspired.*

4 DAYS OF YOGA • NATURE • FRIENDSHIP • NOURISHMENT • RENEWAL

The first person I called was Jan! ♥



Jan and I first met in the 1980s while teaching aerobics together at our local health club. We worked side by side for four wonderful years before life took us in different directions, as it often does.

Years later, about eight years ago, we reconnected. Our shared passion for health and wellness had never faded, and together we traveled to Costa Rica to complete our yoga teacher training. It was an unforgettable experience that deepened our friendship and inspired a new chapter in our lives.

After returning home, I had the privilege of teaching classes at Balance Studio in Ontario, Oregon, the beautiful yoga studio Jan created. When Mike and I later retired and moved to Sumpter, I immediately fell in love with the peaceful beauty of the Elkhorn Mountains. I knew I wanted to share this special place with others.

The first person I called was Jan. ♥

She has always encouraged my ideas, and without hesitation she agreed to help bring this dream to life. Together, we created a retreat that blends gentle yoga, meditation, nourishing homemade meals, creativity, and the simple joy of spending time in nature.

What began as a small dream has grown into something very special.

Thanks to the incredible support of our participants, this fall we are excited to host our 6th Annual Wine in the Pines Yoga Retreat. Seeing familiar faces return year after year—and welcoming new friends into our retreat family—has been one of the greatest joys of this journey.

To everyone who has attended, encouraged us, volunteered, or shared our retreat with others, thank you. Your kindness and support have helped make Wine in the Pines what it is today, and we look forward to sharing another beautiful weekend in the mountains with you.

With gratitude, ♥ Jan & Tami