

# Standing as a Mountain

## Qigong & Yoga

with Jim Gallas

Celebrate the long, warm days of high Summer!

**June 18-21, 2026**

### *In historic McCloud, CA*

*(on the southern slope of Mount Shasta)*

*Held at the lovely hundred-year-old  
Stoney Brook Inn Bed & Breakfast\**

*\*About \$90 single, \$120 double per night, with full breakfast  
Contact Stoney Brook Inn to reserve your room: 1-800-717-2707*



### *The workshop includes:*

- Morning Qigong gazing at spectacular Mount Shasta
- Evening restorative Yoga in the tranquil wood kiva
- Excursions to the sacred mountain and an evening picnic and practice on Lake Siskiyou

No experience necessary.

All are very welcome.

*Limited to 12 participants! For more info contact [Jim@RelaxedFocus.net](mailto:Jim@RelaxedFocus.net)*

**\$375**

To Register: Send a \$100 non-refundable deposit via PayPal; [Jim@RelaxedFocus.net](mailto:Jim@RelaxedFocus.net) (as "McCloud")

*Jim Gallas has taught yoga, Qi Gong, & Shiatsu for over 25 years. Jim offers these healing arts at Esalen Institute, Tassajara Zen Center & Sayulita Mexico*

**Go to [RelaxedFocus.net](http://RelaxedFocus.net) for more!**