



\$375
per person + HST

Early bird \$335 + hst, paid in full by May 1, 2017
\$150 deposit required to reserve your space Max: 16

2-Day Yoga Retreat

Mindfulness and Peace

May 12 – 14, 2017

Take time to unplug from intensity & recharge with mindfulness, at Harmony Dawn (2 hour drive from GTA)

- 5 yoga classes (taught by Sandy LeBlanc):
 Restorative Yoga for Runners Partner Yoga Yin Yoga
 Hips and Core Early Morning Mysore and Meditations
- 6 delicious, delightful, abundant vegetarian meals
 (celebrated chef & author, Nicola Lawrence James)
- Beautiful trails, woods and Rice Lake for hiking, running, exploring
- Plenty of down time to read, chat, journal or take a nap!
- Theme: Mindfulness and Peace

BOOK NOW
to reserve
your spot!



Sandy LeBlanc
 CYT (YA), PTS, BA
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 sandy@fitjourney.ca

566 Annette Street
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