

2-Day Yoga Retreat • Sept 27 – 29, 2019

deepen your yoga



\$445*
Early bird
\$395**

Take time to unplug, recharge and refresh as you immerse yourself in yoga, at Harmony Dawn

- 4 Yoga Classes (Restorative, Yin, Partner, Yoga @ the Wall) plus 2 Yoga Workshops (Warriors, Inversions) led by Sandy LeBlanc
- 6 delicious, 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, knit, journal, take a nap!

*Per person +HST
**(+HST, paid in full by August 14, 2019).
\$150 non-refundable deposit required to reserve your space. Maximum 18.



Sandy LeBlanc, CYT (YA), PTS, BA • 416.618.7558 • sandy@fitjourney.ca • www.fitjourney.ca

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