



## *Autumn yoga and meditation retreat with Meredith Marotta*

- Gentle, flow and restorative yoga (all levels welcome)
- Guided meditation (no experience necessary)
- Inspiring discussion and connection with like minded women
- Personal time for reflection, reading, napping, walking...
- 6 delicious, vegetarian meals prepared with love by chef and co-owner Nicola Lawrence James
- 2 nights shared accommodation

Therapeutic massage, aromatherapy, and reiki appointments available with Rosalin Peacock, RMT.

**When: Friday, Oct. 16, 4 pm – Sunday, Oct. 18, 3 pm, 2015.**

**Where: Harmony Dawn Retreat Centre, 90 min from Toronto.**

**Cost: \$425 (Early booking special \$375 – register before April 15, 2015)**

\$100 non-refundable deposit due on booking. Balance due August 31. Space is limited.



**Harmony Dawn** <http://www.harmonydawnontarioretreat.com/> is an eco-friendly, off grid retreat centre 90 minutes north east of Toronto in the Northumberland Hills overlooking Rice Lake. Accommodation is shared in a clean, simple style with shared bathrooms. This is not a traditional spa weekend, but an 'inner spa' experience where you will be nurtured and pampered organically.

**About Meredith** - For more than 20 years, Meredith has been sharing her love of yoga with her students, offering an abundance of experience, wisdom and enthusiasm to her classes. She earned her first teaching certification in 1992 and her Anusara Inspired certification in 2007. Through her skillful teaching and compassionate presence, Meredith guides her students to connect deeper within themselves. She is passionate about proper alignment for safety and stability, breath work and meditation to still the mind, and self-love to expand the heart. Meredith has been studying various forms of meditation for the past 4 years and feels blessed to share this life changing and life affirming practice with her students.

To register, contact Meredith at [meredithmarotta@gmail.com](mailto:meredithmarotta@gmail.com) or 647-217-7767.