



**DISCOVER
YOUR YOGA**

YOGA. BARRE. HEALING ARTS.

FALL YOGA AND MEDITATION RETREAT

with Lindsay Vandenhurk

September 22-24, 2017

Harmony Dawn Retreat Centre in Rice Lake, ON

Discover the beauty of Rice Lake in the fall on this relaxing and energizing self-care retreat. Enjoy daily yoga classes, hikes, meditation by the lake, workshops, deep conversations, campfires, delicious organic cuisine and much more!

Investment: Early Bird Special: \$350 (if registered by July 31) or \$400 (after July 31).
Space is limited so register early!

Pick up your information package at the DYY reception desk
or email discoveryouryoga@hotmail.com for more info.

