

PEACEFUL  
ACCOMMODATIONS,  
ROLLING MEADOW,  
HEALING FOREST

# RELAX.

## STEP INTO JOY

YOGA & MYOFASCIAL RELEASE RETREAT

# RECHARGE.

ENERGIZE YOUR  
BODY WITH 12 YOGA  
& MFR CLASSES  
TO CHOOSE FROM

JULY 7-9, 2017  
HARMONY DAWN  
RETREAT CENTRE  
HASTINGS, ON

# RENEW.

LEARN TO SELF-HEAL  
WITH MYOFASCIAL  
RELEASE TECHNIQUES

**By June 15 \$480 +tax**  
**After June 15 \$520 +tax**  
**To register or for more info:**  
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**519-567-6804**