

# Yoga Retreat At Harmony Dawn November 19-21, 2021



Please join me for a weekend in the country - yoga and guided meditation, friendship and delicious food. Take some time out for yourself – to stretch and strengthen your body, calm your mind, and tap into new sources of energy. The weekend includes 4 yoga sessions, 2 silent meditations, evening activities, 6 meals and 2 nights stay, plus free time to socialize, read, walk, and explore the beautiful countryside.

Cost: 425.00 (includes HST)

Check out the website  
[www.harmonydawnontarioretreat.com](http://www.harmonydawnontarioretreat.com)