



## **INBOUND: Yoga & Mindfulness Retreat**

**When:** July 18-20, 2025

**Where:** Harmony Retreat Center

Join Nicole, a master teacher with over 20 years of experience, for an exclusive 3-day/2-night retreat designed to restore your body, declutter your mind, and nourish your soul.

### **Why This Retreat Is a Transformative Investment in You:**

- **Expert Guidance:** Nicole brings two decades of teaching experience, offering personalized attention to help you deepen your practice and embrace mindfulness.
- **Serene Location:** Harmony Retreat Center is a haven of peace, where you can connect with nature and leave the everyday behind.
- **Curated Experiences:** From yoga and meditation to scenic hikes and chef-prepared meals, every detail is designed to support your well-being.
- **Gourmet Dining:** Chef Nicola will craft a gourmet vegetarian menu, ensuring every meal is a feast for the senses.

### **Your Premium Retreat Package Includes:**

- 6 hours of expertly guided yoga and mindfulness sessions
- Daily guided hikes in nature
- 3 days of chef-prepared gourmet vegetarian meals
- 2 nights of comfortable accommodations at Harmony Retreat Center
- The opportunity to connect with like-minded individuals in an intimate, supportive community

### **Investment in Yourself:**

- **Early Bird Pricing:** \$699 (valid until March 18, 2025)
- **Standard Pricing:** \$849 (from March 19, 2025)
- **VIP Experience:** \$1,099 (includes private 1:1 yoga session & private accommodation)

### **Payment Flexibility**

Secure your spot with a \$200 non-refundable deposit, and enjoy the ease of a flexible payment plan to spread out your investment.

This retreat is led by Nicole of Nicole's Zen Den and hosted by Harmony Dawn Retreat Centre (HD).

### **Accommodation & Food Fee:**

The accommodation and meal package is \$195 plus tax per night for 2 nights, totaling \$440.70 CAD. This fee is payable directly to Harmony Dawn Retreat Centre via e-transfer to nic@harmonydawn.com.

◆ Please include the retreat name "July 18-20, Inbound Mindfulness Yoga Retreat" in the e-transfer note.

◆ *This portion of your payment is separate from the retreat tuition and is handled solely by Harmony Dawn.*

📧 **Ready to Elevate Your Practice?**

- Email: [info@nicoleszenden.com](mailto:info@nicoleszenden.com)
- Instagram: [@nicoleszendenyoga](https://www.instagram.com/nicoleszendenyoga)

✨ **Your well-being deserves this level of care. Prioritize yourself this summer and experience the magic of the INBOUND retreat.** 🌿