

Join Carol and
Sahver for a
weekend rooted
in simplicity,
intention and
the beauty of
ephemeral
being



Hosted by Harmony Dawn Retreat Centre

PAUSE:

Rest and Reset Yoga and
Mindfulness Retreat

SEP 19-21



Highlights

- Serene location
- Cozy accommodation
- Nourishing food
- Guided Yoga and Meditation
- Ephemeral Experiences
- Do everything or do nothing

Reserve Your Spot Today!

message Carol at kennerigg@gmail.com
or visit <https://www.instagram.com/mullub/>



PAUSE:

\$630
(INCL HST)

Included in your stay

- Fifty pristine acres to explore
- Harmonious spaces to rest in
- Hand-crafted vegetarian meals
- Guided yoga & meditation practices
- Self-led reflective activities
- Community connection or sacred solitude



Find out more about our retreat space here:

<https://www.harmonydawnontarioretreat.com/>