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



Hosted by Harmony Dawn Retreat Centre

## PAUSE:

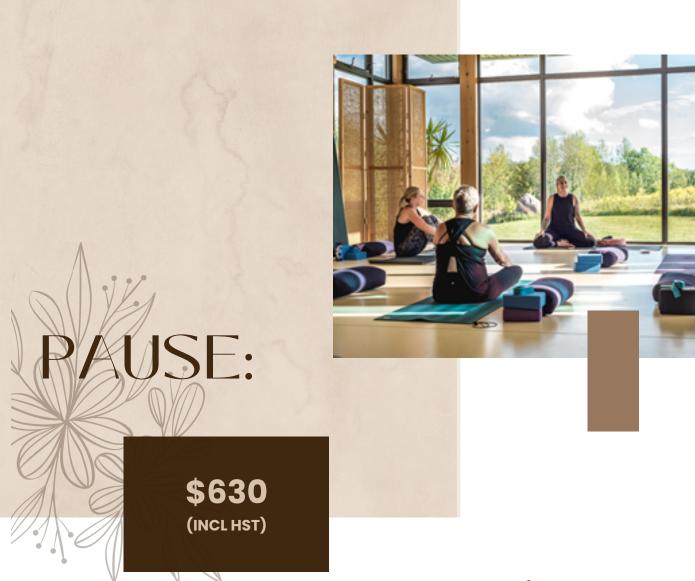
Rest and Reset Yoga and Mindfullness Retreat



**SEP 19-21** 

## Highlights

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





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

Find out more about our retreat space here:

https://www.harmonydawnontarioretreat.com/