



Yoga: The Inner Practices

Come feel the magic in this cozy retreat setting at Harmony Dawn near Hastings, Ontario. Join **Debra Black** and **Sunny Smith** for a weekend of rest and deep inquiry. It will be a time to connect and be seen and heard. Open yourself up to awakening the light of possibility in your heart, body and soul in this weekend offering.

Over the weekend we will practice yin, restorative, hatha and kundalini yoga, as well qigong and meditation. Learn how to tap into your inner voice, passion and creativity. Take that energy out into the world and redefine your path. Thai massages and reiki treatments will also be available. You can do as little or as much as you like. Bring a book, a notebook to write in, relax, make new friends. This will be an intimate retreat and we are limiting the weekend to 15 students.

November 13 - 15, 2020

The fee for the weekend is to be paid in two parts: \$226 for the teachers with a \$113 non-refundable deposit and \$282.50 (includes HST) paid directly to Harmony Dawn. A payment plan is available.

To book your spot email debrazina@hotmail.com

