



**WHERE A PASSION FOR
BODY, MIND & LIFE
SYMMETRY BEGINS.**

106 Main Street
Mount Forest Ontario
~ Affiliated with Mount Forest
Massage and Wellness Clinic ~
Phone: (519) 323-9295
Fax: (519) 323-9599
www.renewlifeyoga.com

YOGA RETREAT DAYS

Body, Mind and Spirit

Come and rejuvenate for a day, enjoy a stress free day away from the phone, computer, and work. Learn some breathing, and relaxation techniques to bring calm and balance into your life. Yoga is the union of breath and movement. Slowly moving with ease and comfort, to gently ease tension and strain from the body. Our day will start with breathing techniques to cleanse the mind and body. Then we will do a gentle yoga practice to stretch and strengthen the muscles, followed by lunch and free time to explore the outdoors. Following lunch we will regroup and learn some meditation techniques to quiet our busy minds. The afternoon yoga session will involve more restorative poses and close with a long relaxation session.

Join us on one of the following days Wednesday May 7, Friday June 6, Saturday June 7, Wednesday June 18, and Saturday June 21

Time: 8:30am-4:00pm

Location: Quardream Equestrian Centre

Cost: \$105.00pp

Mom and Daughter Retreat Day

Bring your Mom and come to a yoga day. Learn yoga techniques, meditation practice.

Learn about Chakras the internal energy centres and how colours can enhance your mood and well being.

Join us on July 9, 2008

Time: 8:30-4:00

Location: Quardream Equestrian Centre

Cost: \$105.00pp

For Registration and information contact:

Heather Reeves 519-323-9295 Email: heatherr32@wightman.ca

Lori Quarrie 519-323-9848 Email: quardream@hotmail.com