

YOGA WELLNESS

The Therapeutic Choice

FALL RETREAT with Edie Cassady

Village Creek Country Inn, Village At Pigeon Lake

Yoga at the Lake Studio, ECO Cafe

October 2nd, 3rd, 4th 2020

Yoga, Meditation & Self Care

This transformational retreat will include :

- YOGA THERAPY Friday, Saturday, Sunday
- MEDITATION & IREST THERAPY
- HITORI RYOHO -Self Massage
- SHIATSU FACIAL & FOOT MASSAGE
- ESSENTIAL OIL THERAPY
- FRIDAY EVENING WRAPS & CHOCOLATE
- SATURDAY EVENING DINNER
- SUNDAY BRUNCH

Fee: \$340.00 Payment due upon registration

Your fee **does not include** the cost of your room.

It is very important that upon registration that you book your hotel room at www.villagecreekcountryinn.com or call 1 (780) 586-0006.

Registration Contact: Edie Cassady, Registered Yoga Therapist
at www.yogawellness.ca or call (780) 466-6548