

"Spring it On" Yoga Retreat Friday April 30th to Sunday May 2nd, 2010

Take time to deepen your practice this spring and join Hatha Yoga instructor **Carol Prentice** for a delightful weekend filled with Yoga, Dance, Meditation and Relaxation.



This yoga retreat is an opportunity for you to:

- ❖ Come out of hibernation and practice yoga in a beautiful natural setting
- ❖ Shed your winter coat and find joy in creative movement and dance
- ❖ Relax and restore as you indulge in peace and quiet

Your weekend includes:

2 nights shared accommodation, 6 delicious vegetarian meals, Hatha Yoga Classes, Shake Your Soul Dance Classes, Meditation, use of the facility, and unlimited bliss!

Your retreat also includes an amazing Crystal bowl & Gong concert with David Hickey on Saturday evening! Go to www.crystaljourney.ca for more information.



This "Spring it On" Yoga Retreat is only \$399 (plus g.s.t.)
Massage, manicure, pedicure or reflexology treatments available (not included).

For more info go to www.carol-prentice.com or www.sugarridge.ca. To register contact **Carol** at 905-380-2460 or info@carol-prentice.com