

Yoga Retreat Oct 14-16, 2011

A Weekend to Heal & Rejuvenate



Yoga studio

Sugar Ridge Retreat Centre, Wyebridge
www.sugarridge.ca



Over 160 Acre of Nature.

1.5 hr drive, north of Newmarket. Individual Cabin for privacy.

Price: \$365

- All Yoga and Meditation classes
- Shared Accommodation (4 per cabin).
Private cabin: add \$60/cabin
Semi-private: add \$40/person
- All organic Vegetarian meals

Optional (Cost extra):

- Massage therapy with 2 weeks advance booking.
- Guide tour in Forest – 1 month advance booking required. \$15/person, min 9 persons.

To register: Contact Eliza
905-853-5349 or
[email elizaso@rogers.com](mailto:elizaso@rogers.com)

- \$100 Admin fee upon registration.
- 2nd payment: \$100 in May 1, 2011
- Balance: August 1, 2011



Lounge with Fireplace



Dinning area next to the Kitchen

Cancellation and deposit refunds:

- Before May 31: 75% refund less \$100 Admin fee.
- June 1 - Aug 1: 50% refund less \$100 Admin fee

- After Aug 1: No refund. (If you find a replacement or there is a waiting list, full refund less \$100 Admin fee.)

Check in: Friday after 4:00 pm

- 5:30: Meet & greet at Dinning room
- 6:00 pm: Vegetarian dinner
- 8:00 pm - 9:15 pm: Restorative yoga

* Class hours may vary per group's interest.

Saturday:

- 9:00 am -10:30 am: Yoga
- 10:30 - Noon: Vegetarian brunch
- Noon - 3 pm: Free time
- 3:00 pm: Light afternoon tea
- 4:00 pm - 5:15 pm: Yoga flow
- 6:00 pm - 7:30 pm: dinner
- 8:00 pm - 9:00 pm: Meditation

Sunday:

- 8:30 am: Meditation
- 9 am - 10:15 am: Yoga
- 10:30 am: vegetarian brunch
- After meal: Free time to pack up.

Check out: noon

Check <http://myyogamoment.blogspot.com> for Eliza's yoga classes.

just breathe... let go...



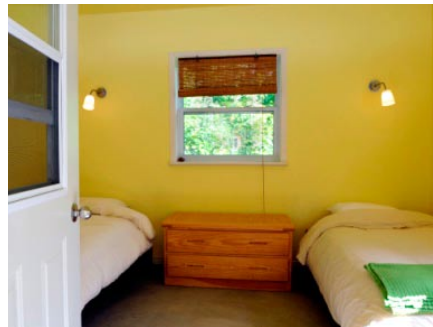
Individual Cabins in the wood (accommodation for 4)



Close-up of Cabin (accommodation for 4)



Washroom and showers in main building

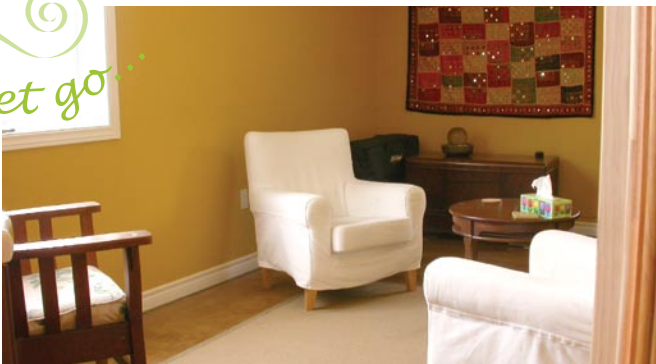


*Accommodation for 4 :
Bunks beds with twin beds, or a double bed and 2 twin beds or four twin beds*



*Tree stumps for sitting around the
Fire pit*

.. let go



*Private room for 1 on 1 meeting or
reflection in silence*



*exit 121 on Hwy 400, turn right to
Hwy 93, Midland/Penetanguishene*