



Yoga and Meditation Retreat

at Sugar Ridge Retreat Centre

February 20-22, 2014

Join Yoga Grove and Om at Home Yoga for a weekend of yoga, meditation and deep relaxation.

This indulgent winter weekend retreat will begin on Friday, where you will leave behind the hustle of the city and partake in a delicious, healthy meal before ending the day in restorative yoga postures. You will receive Thai massage in each pose as well as be fully assisted as you transition between poses. Many past students have declared that they have never slept better than after this luxurious and deeply relaxing class.

Throughout the weekend, enjoy delicious vegetarian meals that will help you feel fresh and energized. You may want to snowshoe or cross-country ski the trails around the grounds, or read a book in the lodge. Leslie and Courtney will be on hand to provide daily meditation classes, Gentle Hatha and Ashtanga yoga classes, yoga workshops including an introduction to yoga philosophy, and our signature Restorative Yoga with Thai Massage class.

This mini-vacation is designed to help you both re-energize and completely relax. Our all-inclusive price includes all meals, accommodation, yoga, meditation and workshops. No prior yoga experience is necessary, and all activities are optional should you decide, for example, that sleeping in is your yoga for the morning.

Experience deep emotional and physical release as you immerse yourself in yoga, meditation and nutrition, away from it all amid the calm, serene beauty of nature in winter.

What's Included:

- Shared cabin accommodation
- All meals for the weekend
- All classes and workshops
- Snowshoes, yoga mats and props

Cost and Registration:

- Early Bird: \$455 + HST before Dec 31st
- \$495 + HST after
- \$100 non-refundable deposit
- Contact info@yogagrove.ca to register



yoga grove
Small classes. Big difference.

