

Yoga Retreat Weekend with Daniel Uy

Come and celebrate a weekend of Spring with nature and yoga. A beautiful way to pause in stillness, reconnect with one's self and feel refreshed and alive once more.

Date: April 20-22, 2012

Location: Sugar Ridge Retreat Centre, 5720 Forgets Road, Wyebridge, Ontario

Weekend Includes:

- Two nights' accommodations (4-share)
- Six delicious vegetarian meals
- Four yoga classes (Gentle Flow, Power Flow, Yin/Restorative yoga, Ashtanga Vinyasa)
- Time for self-care, walks, reflection, rest, hikes, reading, connection with others and community, exploring the area
- One Bonfire night evening with maybe songs, Kirtan and special performances (bring any musical instruments or song/poetry/reading you may wish to share with others)

Your Instructor:

Daniel Uy is a yoga teacher trained in several styles of yoga. He teaches as he lives: openly, honestly and willing to change and grow into something more. He takes that same perseverance and enthusiasm into the practice room. He encourages his students to challenge themselves and their perceptions of where they are and where they can be. His classes tend to be light-hearted and quite challenging, or, challengingly light-hearted. You can learn more about him at www.danieluy.com.

Retreat details at Sugar Ridge Retreat Centre (www.sugarridge.ca)

Fee:

\$300* (tax included)

*\$25 off if registered by February 22nd, 2012

To register for this retreat, please e-mail daniel at: daniel@danieluy.com with the following:

Name, contact information, dietary restrictions/preferences/allergies, any health medical condition we should know, roommate preference (if any)

To call Daniel about program details call 647-339-6814 or e-mail him at: daniel@danieluy.com.

