

# 2012 Yoga Retreat

## “Building Strength”

### June 22<sup>nd</sup> to– 24<sup>th</sup>

Come and join me as we use asana (yoga postures), pranayam (breath-work), and meditation to build strength in our lives on every level.

Harmony Dawn on Rice Lake offers unique and beautiful surroundings with a delicious vegetarian menu that has been loved by all participants.

Your day will typically start with a short session before breakfast which can be meditation, breath-work and/or gentle movement.

There will be two yoga sessions per day: one morning and one afternoon. The evening sessions are “surprise” sessions. Plenty of time is available during the day to explore, swim, socialize or, perhaps nap.

Full price is \$425. 1<sup>st</sup> payment of \$200 is due March 22<sup>nd</sup> 2<sup>nd</sup> payment of \$225 is due April 22<sup>nd</sup>.

Further information re what to bring and how to get there will be sent closer to the retreat date.

Some yoga experience required.

Primarily Kripalu style yoga. Led by Marilyn Allpress & whatever muses happen by.

Cheques are made out to Marilyn Allpress and, if being mailed, sent to:  
Marilyn Allpress, Box 82, Orono, On L0B 1M0  
(your cheque secures your spot)

905-983-9852 [yogaroma@durham.net](mailto:yogaroma@durham.net) [www.omcreations.ca](http://www.omcreations.ca)

Registration Form:

Name: \_\_\_\_\_ e-mail \_\_\_\_\_

Phone # \_\_\_\_\_

PostalAddress: \_\_\_\_\_

Please turn over >>>>>>

Refund information:

Refund of payment will only be available in the amount of \$200 unless another participant becomes available to fill the spot. After May 1<sup>st</sup>, there will be no refund available unless another participant is available to fill the spot.