

OM Yoga



One Day In-Town Yoga Retreat

April 15th 10am – 4pm

5331 Main St., Unit 5, Orono

Offered by Marilyn B. Allpress, Cert. Yoga Instructor, CAMT,
CHTP, CR

yogaroma@durham.net 905-983-9852 www.omcreations.ca

This is the Fourth one-day yoga retreat that I have offered. We enjoyed the others so much that I we are doing it again!!!!!! It is a great way to explore several facets of yoga and deepen your yoga practice sharing with a community of like-minded people.

Yoga experience is required.

Please bring a yoga mat.

Cost: \$70 Please have payment in at least by April 1st.

This workshop will be held at OM Creations/OM Yoga in Orono. If you need directions please e-mail and I will send them out. There is a restaurant in town for lunch or you can eat at the studio. Sorry, I don't have a refrigerator.

Mailing Address: Marilyn Allpress, Box 82, Orono, ON L0B
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