

# Yoga, Meditation and Mindfulness 5 Day Program

w/Chris Erdmann-Boyko

January 1 - 5, 2018

Daily Practice and Breakfast

7:30 - 9:00am Yoga (*of the Old Masters*)

9:00 - 9:45am Breakfast

Cost: \$75 (\$50 members)



During each of these 5 days, practice will include pranayama and therapeutic breathing exercises. Yoga as taught by the Old Masters (in the spirit and style of Friedel Khattab) and meditation in the form of iRest Yoga Nidra.

A nutritious breakfast shared in loving silence will conclude each day's practice.



#206, 2016 Sherwood Drive Sherwood Park . 780-416-4211 . [yogafortoday.ca](http://yogafortoday.ca)

