

# Yoga & Meditation Retreat

Exploring the Urgency of Stillness, Silence & Surrender

**March 22-25, 2018**

Sanctum Retreat Centre, Caroline, AB



**MARLA ERICKSEN**

## Pricing

Early Bird - \$649  
(before Feb 5/18)

Regular - \$699

*Gifted YfT Massage Therapist, Nicole,  
available for on-site bookings.*

## Cost includes:

8 Meals & 1 light snack

8 Sessions with Marla

Morning Meditation

Free time

Single Accomodations

100 Acres Woodland w/Groomed Trails

Indoor/Outdoor Fireplaces

*Together we will gather at the beautiful Sanctum Retreat Center and delve into a dimension where YOGA – the practice of tolerating the consequences of who you are will unravel and reveal what is necessary for your expansion. The majority of this retreat will be held honouring noble silence. All are welcome and no previous experience in Yoga or Meditation is required.*

**Register: 780-416-4211**

# 206, 2016 Sherwood Drive . [yogafortoday.ca](http://yogafortoday.ca)

