

Lunar Rhythms

*A Silent Yoga & Meditation Retreat
with MARLA ERICKSEN*

May 2 - 5, 2019

Sanctum Retreat Centre

Caroline, AB **\$649** Early Bird (Apr 1)

\$699



Join acclaimed yogini – Marla Ericksen – for a magical long-weekend of soothing the soul by honouring the rhythms of the moon. Illuminating our practice by arousing the lunar energies will allow a more balanced, harmonized and complete relationship with ourselves and the way we perceive our lives. You will learn how the universal moon calendar influences your personal lunar phases and enjoy a new way of relating to the practices that contrast and balance the solar energies. You never know... you just might find an answer, insight or revelation hidden somewhere in the moonbeams!

206, 2016 Sherwood Drive . yogafortoday.ca

