

Urban Inward Escape Yin Yoga & Meditation Retreat



Sat. Nov 10 - Sun. Nov 11, 2018

Sat. 12-7:30 pm & Sun. 9-3:30pm

Early Bird-\$250 (before Oct.1) Regular - \$275

**Register for this Retreat & Yin Yoga Enhancement
Training and Save 10%**

This retreat may be the most nurturing gift we can give ourselves. Join Marla for a weekend of moving inward to excavate, expose and eradicate the ways that eclipse our brilliant, beautiful self. Through the profound practices of Yin Yoga & Mindfulness you will find “calm in the chaos”... “stillness in the movement”... “ease in the effort”... “extraordinary in the ordinary”. Themes skillfully weaved during our time together.

- *Yin Yoga & the Chakras*
- *Yin Yoga & 5 Element Theory*
- *Yin Yoga & the 8 Limbs*

Everyone welcome! November is perfect to escape inward in preparedness for the necessary darkness of the winter months.



206, 2016 Sherwood Drive . yogafortoday.ca

