



2-Day Yoga Retreat *Invigorate!*

February 24 - 26, 2012

Unplug from the city for 2 days at Harmony Dawn
(a 90 minute drive from Toronto)

- 4 yoga classes taught by Sandy LeBlanc:
Restorative Yoga for Runners
Partner Yoga Core & Hips
- Early morning meditations
- Delicious, delightful, abundant vegetarian meals
(celebrated chef & author, Nicola Lawrence)
- Beautiful trails, woods and Rice Lake for hiking, running, exploring
- Plenty of down time to read, socialize, play games or take a nap!

BOOK NOW
to reserve
your spot!



\$100 deposit required to reserve space.
Limited to 15 participants to give
everyone lots of room.

✉ sandy@fitjourney.ca ☎ cell 416.618.7558 🌐 www.fitjourney.ca

Yoga Instructor Personal Trainer (in home) Fitness Program Design Running Coach



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