

# Heartsong Studio Springtime YOGA Retreat

*“Spring-ing into Your Vibrant Life!”*

**Revitalize \* Rejuvenate \* Release \* Relax \* Rejoice**

*Spring is a Time of Rebirth, Opening, Unfolding, Awakening to the Light!*

**[www.Heartsongyogapilates.ca](http://www.Heartsongyogapilates.ca) [www.Harmonydawn.com](http://www.Harmonydawn.com)**

WHEN: May 27-29, 2011

WHERE: Harmony Dawn Retreat - Ontario's Ecological Friendly Retreat

Harmony Dawn is completely off the power grid and generates most of its power from wind and sun. Its features include many leading edge sustainable energy technologies. Harmony Dawn's facility is regarded as one of the "greenest" buildings in Canada. This beautiful centre is located on Rice Lake approximately a three-hour, 'picturesque' drive from Renfrew, in the wonderful rolling hills of Northumberland County. Unique in its vision and design, Harmony Dawn was constructed to inspire harmony, balance and transformation in both the "external" and "internal" (within yourself) environment, making it ideal for healing and transformative retreats and workshops.

*“Let your Brilliance unfold!” Choose to Evolve.*

*Enjoy a celebratory, springtime weekend:*

- 5 Diverse YOGA & Meditation sessions in beautiful Harmony Dawn overlooking meadow, forest & blue sky
- 6 delightful & deliciously wholesome vegetarian meals created by macrobiotic chef Nicola Lawrence, chef/manager of Harmony Dawn & author of amazing cookbooks
- 'Arts & Crafts' for the Soul: Creating & Meditating with Mandalas
- Time for you .....to *Celebrate Your Amazing Life this Spring in company with 'other awesome, adventurous' Yogis & Yoginis!!!!*

*“sometimes you just need to take some special time for yourself.....”*

\$335.00 plus HST \*when registered before March 1/11;

\$345.00 after March 1/11

\*Includes all meals, accommodations, yoga sessions, & art materials

A deposit of \$175.00 is required to reserve your spot.

\*Space is limited so please register early.

Instructor: Elizabeth Hagan RYT500

Certified & Registered YOGA & Meditation Teacher & Teacher Trainer

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