

# Heartsong Studio Springtime YOGA Retreat

*“OM Saraswati Namaha”*

**YOGA \* Poetry \* Art \* Dance**

**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 25-27, 2012

WHERE: Harmony Dawn Retreat Centre- **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.

*“Celebrate this springtime of your Life!  
Honour Saraswati - the 'goddess' of Spring  
Self-Expression through Art, YOGA, Music, Poetry, Dance!”  
Allow your Creativity to Spring forth!*

- 5 **Diverse YOGA & Meditation sessions** in beautiful Harmony Dawn overlooking meadow, forest & blue sky, with Instructor Elizabeth Hagan RYT500, highlighting the insight & revelations of **Sufi Poet Rumi**, and many other inspiring writers!
- 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: **Multi-Media Art Experience**, with Artist & Yoga Instructor Anna Luczak RYT500
- Time for you .....to *Celebrate Your Amazing Life this Spring in company with 'other awesome, adventurous' Yogis & Yoginis!!!!*

\$350.00 plus HST \*when registered before March 31/11;

\$360.00 after March 31/11

\*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.

Presented by **Heartsong Studio**, Elizabeth Hagan RYT500

Certified & Registered YOGA & Meditation Teacher & Teacher Trainer

Heartsong Studio, 18 Renfrew Ave. West, Renfrew ON, K7V2W9 613-433-7346

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Revitalize! Rejoice! Refresh! Relax.....

# Heartsong Studio Springtime **YOGA** Retreat

*“OM Saraswati Namaha”*

*YOGA \* Poetry \* Music \* Art \* Dance*

**Energize \* Empower \* Enjoy \* Enthuse \* Enlighten**

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WHEN: May 27-29, 2012

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

*“Celebrate this springtime of your Life! OM Saraswati Namaha”*



*Elizabeth Hagan \* Certified & Registered YOGA Instructor & Teacher Trainer RYT500*



*Revitalize! Refresh! Rejoice! Relax.....*

*HEARTSONG.....HEARTSONG.....HEARTSONG.....HEARTSONG.....HEARTSONG.....*