

## **Self-care for Yoga Teachers**

Yoga teachers! Join us March 23-25 for a self-care retreat at Harmony Dawn Retreat Centre near Hastings. \$350 plus HST includes delicious and healthy vegetarian gourmet meals from Friday dinner to Sunday lunch, shared accommodation, access to all facilities and yoga classes (morning, afternoon and evening) over the weekend. There are many kilometres of trails through the woods on and near the property and lots of free time to explore, read, relax, nap, or whatever you need.

Email [wavelengths@gmail.com](mailto:wavelengths@gmail.com) for more information and registration. Space is limited.