

YOGA BODY, YOGA MIND:

A Spring Retreat In The Boreal Forest

at the Picturesque



ELK RIDGE
RESORT

Saskatchewan's only 5 Star Resort
Just outside of the Prince Albert National Park

March 13 & 14, 2010

With

Colin Hall and Sarah Garden

Colin and Sarah are the co-directors of Bodhi Tree Yoga in Regina, SK. They have both received extensive training in both India and Canada by some of the world's most talented teachers. Colin makes regular trips to India to research, practice, and deepen his skills as a teacher and practitioner. Sarah is the province's most qualified and experienced teacher in therapeutic yoga.

This workshop is appropriate for all levels of yoga students.

Times: Saturday, March 13 9:00 - 12:00 & 2:00 - 5:00
 Sunday, March 14 10:00 - 12:00 & 1:00 - 3:00

Early bird Registration before February 15: \$275.00 (double occupancy)

After February 15: \$325.00 (double occupancy)

Price includes 10 hour workshop, 2 nights' accommodation, lunch both days and taxes.

\$100.00 Non-refundable deposit required at time of registration.

To register email: moment2momentyoga@gmail.com
or contact Rhonda @ 306-752-3352 or Roxanne @ 306-663-5575

Check out www.elkridgeresort.com to see what there is to do in your free time.