

Spring Ahead Mountain Yoga Retreat

Returning to the Light

Friday March 8 - Sunday March 10

This retreat invites you to shift from the depths of inner darkness, rising to the light that resides un-flickering within each of us. Various yoga practices will guide this journey back to the light within the safe, healing cocoon of the retreat center.

Northaven Retreat Center, surrounded by nature, is an idyllic location for traversing the realms within while journeying your way back to the light.

Jasper National Park is 40 minutes away; Hinton 15 minutes away, offering opportunity for personal time spent harmonizing with nature, balancing, rejuvenating and replenishing all levels of your body.

Your retreat includes:

2 Nights in a Private EMF-Free Room (with bathroom)

Vegetarian Meal Friday Evening
Breakfast Saturday and Sunday
Tea | Coffee | Snacks

Catering: Lionel & Colleen Dibden

Several Yogic Experiences
Connection | Laughter | Memories

Personal Time Saturday Afternoon

Not included:

Transportation to and from Retreat Center
Saturday and Sunday Lunch
Saturday Evening Dinner

Folding Mountain Brewery is steps away
Overlander Lodge, 2 kms away, offers a fine dining experience
Kitchen facilities, fridge, stove, microwave are available if you prefer to bring your own food

Investment: \$795 + GST
\$395 + GST (\$414.75) non-refundable deposit required upon registration
Balance of \$400 + GST (\$420.00) paid by February 8th, 2023

Register via return email

E-Transfer Deposit to jeanettew929@gmail.com

Password: **Namaste**

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