

# New Year, New You Day Retreat

Saturday, January 6th, 2018  
9:30am—4:00pm

Take time to mindfully and purposefully enter into the New Year. Create a year that means the most to you without attachment or judgment. On this one day retreat, we will set intentions that are from the heart and allowed to blossom without controlling the outcome. This day retreat can help you bring balance, set intention, replenish your body, mind and soul. It is the perfect time for you to reflect, heal and look forward to the new year ahead!

## *What your day includes:*

Welcome & Connecting  
Breathing practice/Meditation  
Setting Intention  
Asana practice (All Levels) to release stress, to detox and to open energy pathways  
Creating a Vision board  
Light Vegetarian lunch  
Meditation  
Restorative/Yoga Nidra Practice

Investment: \$119.00 + hst (includes lunch)

This retreat is appropriate for all levels, some yoga experience is required.  
Registration is limited. If this retreat fills up, a second date may be provided. **Please register early.**

## It's a new year, time for a new you!



Be inspired! visit [www.theyogahouse.net](http://www.theyogahouse.net)  
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