



LAST DAY OF WINTER WEEKEND YOGA RETREAT



LODGE

Your room in the Lodge has a relaxed atmosphere with two double beds, comfy chairs, full bath and mini fridge. Enjoy the view of Harry Lake through old growth hemlock and pine trees. Space is limited!
\$460.00 (shared room)



CHALET

Your chalet in the woods with a wood stove, kitchen, living room, full bath and 2 private bedrooms with double beds. Nestled close to the Mersey river, which you can hear babbling from the deck. Space is limited!
\$499.00 (private room)



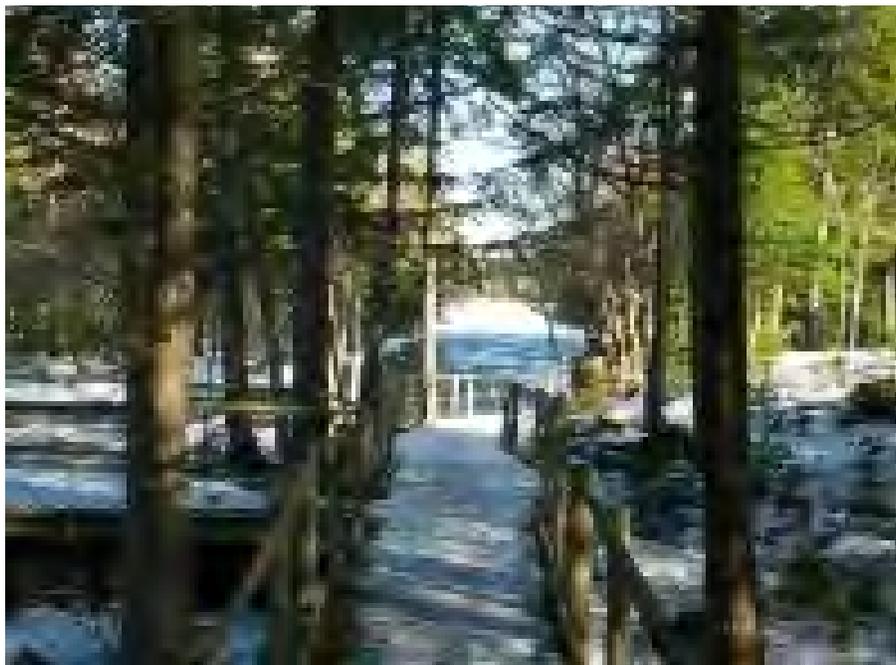
YOGA STUDIO

A unique octagonal shaped yoga studio with a big stone fireplace. Place your mat around the fire and let its warmth remind you that Spring is just around the corner. While on retreat practice Vinyasa flow, yoga nidra, restorative yoga and meditation.

SPRING EQUINOX - MARCH 20- 22, 2020

AT THE MERSEY RIVER CHALET & NATURE RETREAT, NOVA SCOTIA

WWW.ARTOFHEALING.NET * ARTOFHEALINGNS@GMAIL.COM * (902) 273 - 0405



2 NIGHTS ACCOMMODATION, HEALTHY MEALS & LOTS OF YOGA

This yoga retreat offers you time for solitude and stillness beside the beautiful Mersey River, in the wintry woods near Kejimikujik National Park N.S. Come enjoy the serene natural setting at the Mersey River Chalets & Nature Retreat while practicing yoga and meditation around a large stone fireplace! 2 nights accommodation in log chalets or the lodge, all your meals and lots of yoga, all for \$499.00 (private room) or \$460 (double/shared).

RETREAT ITINERARY

MARCH 20 - 22 2020

Fri March 20th

3:00 pm Check-in and Relax
6:00 pm Supper and Welcoming
7:30 pm Yoga Nidra
9:00 pm Fire Ceremony & Star Gazing

Sat March 21st

7:30 am Rise & Shine Yoga
9:00 am Breakfast
10:30 am Nature Walking Meditation & Journaling
1:00 pm Lunch then Free time...nap, read, write!
4:00 pm Workshop
6:00 pm Supper
8:00 pm Restorative Yoga

Sun March 22nd

7:30 am Meditation
9:00 am Breakfast
12:00 pm Yoga
1:30 pm Lunch
3:00 pm Depart

Space is limited.

*Deposit of \$100.00 holds your spot

*Total amount due Feb 21st

*Payment via E-Transfer, cash, cheque or debit (if paying at the studio). No credit cards please.

*A registration form is sent once you are registered.

SIGN UP TODAY.

THIS RETREAT WILL SELL OUT!

"So many feel lethargic, unmotivated or worn out in this hemisphere. We are really not made to rocket straight through winter, ablaze with energy. Look at nature. The ground and plants and animals are deep at rest. This is the natural way of things. Spend some time with the long nights, the moon, solitude, the bare earth, stillness. Be easier on yourself."
Victoria Erickson

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