



Yoga Life
With Gina



January 2019 weekend retreat

With Gina Wasserlein

**FRI.DAY JANUARY 25 6PM-
SUNDAY JAN.UARY 27 11AM**

**A SEMI SILENT WEEKEND
FILLED WITH MEDITATION
TECHNIQUES MINDFULNESS
YOGA
JOURNALLING
LECTURES
GOOD FOOD
CONNECTION
COMMUNICATION
WALKS
QUIET
REFLECTION
AWARENESS**

**EARLY BIRD PRICE: \$275
PAID BEFORE DEC 1ST
AFTER DEC 1ST: \$300**

meditation mindfulness yoga and more

**DO SOMETHING TODAY THAT
YOUR FUTURE SELF WILL
THANK YOU FOR.**

*Our actions and decisions today will shape
the way we will be living in the future.*

**LOCATION: HOLY FAMILY
RETREAT HOUSE, HARROW, ON**

**CONTACT GINA TO REGISTER
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