

SCHEDULE

Friday February 19th

- 5:00 p.m. Introductions
- 5:30 p.m. Yoga @ Tranquil Moves
- 7:00 p.m. Wine-n-Cheese
- 8:00 p.m. Departure

Saturday February 20th

- 9:30 a.m. Yoga @ Tranquil Moves
- 11:00 a.m. Meditation
- 12:00 p.m. Market Walk and Lunch
@ Crozier Cottage
- 1:00 p.m. Community Walk
- 2:00 p.m. Reflexology @ Crozier
Cottage
- 3:00 p.m. Break/Snack
- 3:15 p.m. Natural Medicine @
Crozier Cottage
- 4:30 p.m. Final Relaxation / Stretch/
Evaluation @ Tranquil Moves
- 6:00 p.m. Departure



Limited spaces are available.

Please sign registration form when
you forward your payment.

Questions/Concerns?

Please call 519-624-2058 (Heather)

Cheques payable to Tracey Saunders

Namaste

Winter Wellness

Weekend



INFORM, INVIGORATE, INSPIRE

Friday February 19th, 2010

Saturday February 20th, 2010

Crozier Cottage &

Tranquil Moves Yoga Studio

41 Park Hill Rd. East

Cambridge

INSTRUCTORS

TRACEY SAUNDERS (Yoga)

Tracey has been teaching Hatha Yoga for 5 years in Cambridge. She was trained in Mexico and uses her skills in a patient, calm manner in order to improve flexibility and strength. Her classes are both relaxing and INVIGORATING.

KAREN CUMMINGS (Reflexology)

Karen has been practicing reflexology in Cambridge for 3 years. She has a gentle touch to erase many aches and pains. Be prepared to be INSPIRED by her passionate knowledge about our reflexes and connection these have to our bodies.

DR. BARBARA DAO (Naturopathy)

Barbara is a Naturopathic Doctor and has been practicing in Cambridge for 4 years. She is a graduate of the Canadian College of Naturopathic Medicine in Toronto. She will share her tips for preparing natural home remedies to cleanse and heal the body.

BACKGROUND

This is a weekend retreat for you! Come and learn about reflexology, meditation, yoga, Naturopathic medicine and our city of Cambridge... at the same time as spending some social time with like-minded people.

\$125.00 / PARTICIPANT

INCLUDES

2 Yoga Classes

1 Meditation Class

1 Stretching Class

Reflexology Introduction

Naturopathic Home Remedies

Brisk Community Walk

Wine and Cheese

Snacks, Lunch on Saturday



NOTES

1. Please register early as the weekend will have limited participants.
2. Payment is due upon registration.
3. Cheques payable to Tracey Saunders.
4. Lunch and snacks will be simple.
5. Please inform us of any dietary restrictions.
6. Please bring your own refillable water bottle.
7. Reservation is confirmed upon payment.

