

Enliven Your Life Retreat

Mid-Week Escape!

BOOTCAMP, YOGA, SWIMMING, DELICIOUS VEGETARIAN FOOD

Treat yourself to an active get-away that will leave you feeling relaxed and energized.

Shanti Retreat Centre

Wolfe Island, Ontario

www.shantiretreat.ca

July 31st – August 2nd 2012

2 nights,
4 yoga classes,
2 Boot camp sessions,
4 delicious meals,
Swimming, massage,
Kayaking , water-trampoline.



Tuesday-Thursday Retreat \$350 +HST

*This gives you a shared room, private rooms are an additional \$100.



Register @ www.bodyandbalance.ca by using Pay Pal

or email transfer to andrea@bodyandbalance.ca

**\$100 deposit required to reserve your spot

