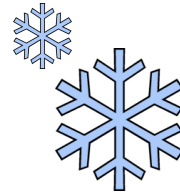


# Reach Yoga's Winter Retreat!

## February 4-5th 2012

### Registration Form



<b>Name</b>	
<b>Address</b>	
<b>Address</b>	
<b>Phone</b>	
<b>E-mail</b>	
<b>Emergency Contact</b>	
<b>Signature</b> <small>I have read the waiver</small>	

Our Retreat Waiver: I agree that I am physically sound to proceed with Yoga Instruction, I agree to listen to my own body and take full responsibility for my level of participation. I agree to treat our space with respect and attend this retreat with an open mind and an open heart. I commit to making 2012 a healthy year!



<b>Retreat Fees Based on Double Occupancy</b>	<b>\$299 +</b>	<b>hst \$38.87</b>	<b>=\$337.87</b>
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**Payment Options:**

1. Deposit with Registration \$165.00, Include Post Dated Cheque for Balance \$172.87 dated January 27th 2012.
2. Pay in full with Registration and save **\$25.00!** \$337.87-\$25.00= \$312.87 ❄️

Mail Registration Forms to:  
**Reach Yoga Retreat**  
**121 Combermere Drive. Suite 605, Don Mills Ontario. M3A 2W7**

## REACH WINTER RETREAT SCHEDULE 2012

[www.reachyoga.ca](http://www.reachyoga.ca)

**Saturday February 4th**

- 9:30–10:15 Arrive and Acclimatize
- 10:30–12:00 Yoga and Meditation
- 12:15–1:15 Lunch is Served!
- 1:15–2:00 Digestion, Discussion and De Stress!
- 2:00–4:00 Free time (sauna, swim, whirlpool, read)
- 3:30–4:00 Tea Time!
- 4:00–4:30 Meditation
- 4:45–6:00 Yoga + Alignment = Energy
- 6:15–7:30 Dinner is Served!
- 8:00–9:00 Gentle yoga and Meditation

**Sunday February 5th**

- 8:00–8:30 Yoga ~ Sun Salutations
- 8:30–9:30 Breakfast is Served!
- 10:00–10:45 Meditation
- 10:45–11:00 Pranayama (breathing)
- 11:15–12:30 Yoga and Meditation
- 12:30–1:30 Lunch is Served!
- 2:00–2:30 Discussion ~Yogis in 2012
- 2:30–3:30 Yoga and Meditation
- 3:30–4:00 Tea Time ~ Closing Comments
- 4:00pm Head home revitalized!