

*Yoga Sivananda de l'Outaouais
&
Tamarak Organic Farm, Bristol*

CONNECTING WITH THE EARTH

A Day Retreat in the Country

Sunday, 30 May 2010

Guided activities include :

- classical hatha yoga
- walking the meadow labyrinth
- edible and healing plant & tree field walk
- nature observations & journaling
- meditation and closing circle

Organic, vegetarian meals & snacks

Private spiritual healing sessions will be available. (fee)



The Retreat will be led by Kumari, certified yoga teacher & co-owner of Yoga Sivananda de l'Outaouais in Aylmer. Kumari is trained in Biography and Social Art and has studied First Nation spirituality and healing in Peru, Arizona, New Zealand and Canada.

And Eleanor Heise, owner of Tamarak Organic Farm, Past President of Canadian Organic Growers currently teaching organic veg growing at the Carp Eco-Wellness Centre and managing a co-op veg growing operation on her farm.

\$55

Maximum 12 participants – register early!

Please contact Eleanor 819-647-3069, ehaise@magma.ca