



Move Mindfully. An Urban Holiday Retreat
Station 12 Yoga.
560 Windmill Rd, Dartmouth
Dec 28-Dec 30, 2018

Name _____ Birth Date _____

Address _____

City _____ Province _____

Phone (C) _____ Email _____

How did you hear about this retreat? _____

Do you have a regular yoga or movement practice? _____ If yes, please explain _____

Do you have any current injuries, health conditions or chronic pain that may affect your comfort/participation during this retreat? If yes, please explain

What do you hope to achieve by attending this retreat? _____



This mini retreat includes:

- ~ meditation/body scan
- ~ 1 hr yoga/movement practice (with an extra long savasana)
- ~pranayama (breath work)
- ~energy work
- ~reflection time

Light refreshments and journals provided. :)

Schedule:

Friday December 28, 2018 5-7pm Candlelight practice.	Saturday December 29, 2018 10-12:30pm	Sunday December 30, 2019 12:15-2:15pm
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Investment:

Before Dec 16, 2018 \$140

After Dec 17, 2018 \$150

Please pre-register by December 24, 2018 Space is limited. Email transfers may be sent to smackeiganpt@gmail.com. If an alternate form of payment is required, please email me (Sarah).

Electronic gift certificates are also available until (December 24, 2018)

What to bring:

- yoga mat. If you have a meditation cushion you really like to use, please bring it
- a pen or something to write with
- dress in comfortable clothing suitable for yoga

If you don't have a mat, don't worry, we have a few extra :)