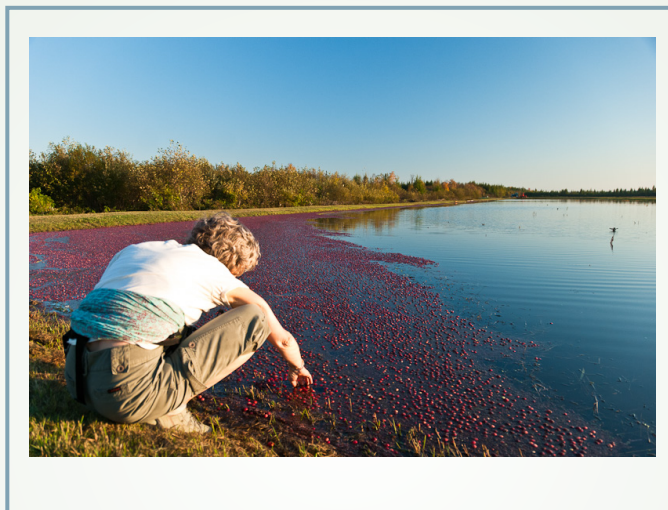


[www.sahayoga.com](http://www.sahayoga.com) Beautiful Prince Edward County Retreat Centre

# SOMA SELF-CARE RETREAT FOR THE YOGI

APRIL 27-29 2012



A SOMA retreat means more than ‘Sitting On My Ass.’



## AN INVITATION

Please join us for this very special weekend that will focus on the self-care aspect of a yoga practice. Whether you are a newbie or seasoned yogi, this weekend is for you. Five experienced yoga instructors will be there to offer you their wisdom, presenting the opportunity to begin or deepen your yoga practice. There will be time to spoil yourself with a sauna, free time for dreaming, making new friends - or all of the above. This weekend features 2 nights shared accommodation, all meals and snacks and the program for the weekend. We look forward to seeing you there!

Email [susan.randall@bell.net](mailto:susan.randall@bell.net) for full program details, and register at [www.sahayoga.com](http://www.sahayoga.com) under Bookings & Events.