

Late Summer Revitalizing Yoga Retreat with Lee Atwell

Salt Spring Island Centre for Yoga, B.C.

Friday, September 16 – Sunday, September 18, 2011

*Celebrate inner peace and radiant vitality
at a very special retreat in B.C.'s gorgeous Gulf Islands.*



Experience a delightful weekend at this beautiful island retreat center while you rest, rejuvenate and nurture yourself.

Yoga sessions offer fluid vinyasa sequences, pranayama, and meditation.

Salt Spring Island is one of the most beautiful of Canada's Gulf Islands. The ferry journey transports you through the archipelago of scenic islands in the Juan de Fuca Strait.

Price includes yoga, walking meditation in nature, sauna (weather permitting), leisure time

(hike, explore the island, visit the artisan and farmers market), 2 nights accommodation, and incredible, healthy vegetarian meals (organic and from their garden when available).

Unique and luxurious spa treatments available at the wellness center, Chikitsa Shala. Information to book treatments in advance is at www.saltspringcentre.com.

~ SPECIAL OFFERS ~

Early Bird Offer – Pay in full by June 15, 2011 and receive a \$20 discount

–OR–

Bring a Friend who is not a Yoga Studio student & you'll both receive a \$20 discount

Price per person: **\$399 shared with one to three others, \$450 private, \$425 shared with one other with ensuite bath, \$305 to camp with your own tent.** Comfortable accommodations with shared baths are in the Centre's historic farmhouse or the garden house. You can extend your stay at the Centre – ask us!

\$150 non-refundable/non-creditable deposit is required to reserve your space.

Please reserve soon to ensure the accommodation of your choice.

All other payments are due by September 7, 2011 or they will be subject to a \$25 late fee.

If you need to cancel after the due date, payment balance is not transferable to studio credit unless there is someone on a waitlist to take your place.

The Yoga Studio
In Magnolia

www.TheYogaStudioinMagnolia.com (206) 390-8047