

Live & Learn Fall Workshops

Yin and Yang Yoga

Date

September 30-October 2, 2008

Location

April Point Resort & Spa on Quadra Island (3 hours north of Victoria)

Price

\$199 per person, including two nights accommodation, based on double occupancy

Equipment

Yoga mat and large blanket
Water bottle (optional)
Block (optional)

Step away from the noise of everyday life and into the peace and tranquility of nature. The main focus of the retreat is to reconnect with your body and soothe your soul while renewing your relationship with yourself. The schedule includes a blend of Yin (quiet, long-held floor postures) and Yang (moderately challenging flow of postures) style yoga practices, guided self-reflection and facilitated circles. You will step back into your life with a greater sense of wellbeing; feeling grounded, stronger, vibrant and purposeful.

About Sharon Daly

As a facilitator, teacher, practitioner and mentor in the field of yoga therapy and stress management, Sharon provides simple and practical tools to help people achieve personal wellbeing, reduce stress and gain balance in life. Along with being a certified Yoga Instructor, Sharon holds multiple advanced certifications from a specialized, reflective process called Phoenix Rising Yoga Therapy. She has a Master's degree in Environmental Studies and is an avid outdoor athlete and gardener.

Sharon Daly – www.getbalanced.ca; sharon@getbalanced.ca

About April Point Resort & Spa

April Point Resort & Spa is an island getaway away from the crowds, featuring the elegant yet laid back atmosphere of the west coast. Enjoy wildlife tours, kayaking, fishing, spa treatments, island tours and sumptuous meals, all enhanced by the stunning natural beauty of Discovery Passage. Guests also enjoy the amenities of Painter's Lodge in Campbell River, connected by a complimentary scenic water shuttle.

For reservations or more information, please call 1-800-663-7090
or visit obmg.com/learn

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Yin and Yang Yoga Itinerary

(please meet in Salon A&B)

Tuesday, September 30

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| 3:00 pm | Resort check-in |
| 3:30 – 6:30 pm | Opening circle and Yin/Yang blend Yoga practice |

Wednesday, October 1

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| 9:30 am – 12:00 pm | Yang style Yoga and reflective practice |
| 4:00 pm – 6:30 pm | Yin Yoga and reflective practice |

Thursday, October 2

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| 9:30 am – 12:00 pm | Ying/Yang blend Yoga practice and closing circle |
| 12:00 pm | Resort check-out |