

Wellness Retreat: Gentle Flow & Restorative Yoga & Vegan Lunch

Indulge in relaxation and self-care. Starting with mindful yoga, flowing through gentle stretches, and transitioning into restorative poses for deep peace and calm. Yoga class will be followed by a delicious vegan lunch.

Saturday April 26th at 10:30 am

Yoga 10:30 to 12:00. Lunch 12:15 pm

Yoga with Trish. Lunch by Karen



Cost per participant \$79 plus HST (\$89.27) payable via etransfer to admin@heaven-onearth.ca

This retreat allows for a maximum of 7 participants.

Heaven on Earth & Integrated Health, 188 Green Mountain Rd E., Stoney Creek, ON L8J 3A4