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| |  |  | | --- | --- | | Awakening Intentions  ~Retreat~ |  | |  |  | |
| Serene ECO-Lodge, Onanole, MB  January 11, 12, 13, 2019  Here’s to a New Year of New Intentions!. Experience 3 days of freshly prepared Ayruvedic inspired meals & beverages, 2 morning Kundalini Yoga Classes to rejuvenate & balance the body, 2 Yin Yoga Classes in the evening. Unwind with a combination of Hot Stone Massage & Ayruvedic Facial for deep relaxation & radiance, PLUS Reiki treatments for whole energy alignment. REGISTER [gzoppa@hotmail.com](mailto:gzoppa@hotmail.com), [gracefulevolutionyoga@gmail.com](mailto:gracefulevolutionyoga@gmail.com), or PM us on Facebook  EARLY BIRD Price $399 (register before Dec 25, 2018) $439 (Dec 26-Jan 7th) \*\*SPACE LIMITED\*\*  \* SOUND \* SACRED BODY TREATMENTS \* FACIALS |

# A Deeply Nourishing Experience



## REIKI, HOT STONE MASSAGE, AYRUVEDIC FACIAL

  

## NOURISHING PLANT BASED MEALS

## Balance the Doshas, strengthen your Agni, and nourish the body, with organic, fresh ingredients, prepared with love, and blessed with Reiki

  

## KUNDALINI YOGA: Yoga of Awareness, PLUS Evening Yin Yoga

Summon your kundalini energy, revitalize your cells, balance the chakras, recharge and most importantly, relax deeply.

A Divine Collaboration Brought to You By: [**Spa Botanica**](http://www.spabotanica.ca/)**,** [**Graceful Evolution**](https://www.facebook.com/gracefulevolutionyoga/?modal=admin_todo_tour) **&** [**Phoenix Rising**](https://www.facebook.com/phoenixrisingmb/)

  