

Yin - Yang Yoga & Meditation

a retreat with Leo Hauer

You are invited to spend a rejuvenating long weekend practicing yoga and meditation on the picturesque shores of Rice Lake. Daily yoga sessions will include a fluid, energizing yang sequence, complemented perfectly with the gentle surrender of a yin practice.

This retreat will provide opportunities to explore various meditation techniques and dialogue about the spiritual process as presented by Dr. David Hawkins. It offers us time to disengage ourselves from the rigors of our daily lives and to deepen our spiritual practices while enjoying gourmet meals in the beautiful, natural setting of Harmony Dawn.

Leo Hauer teaches classes and workshops throughout the GTA. He shares the experiences and insights gained over nearly twenty years of intensive practices, drawing from a variety of spiritual traditions.

Friday May 18th, 4:00pm - Monday May 21st, 4:00pm

All inclusive fee: \$575.00

(\$525.00 if paid in full by May 1st)

Please contact Leo Hauer (647) 296-7573 or at
sacredalchemy@gmail.com

Find out more about Leo at www.leohauer.com

Check out the retreat centre at www.harmonydawn.com