



YOGA GLAMPING RETREAT • ELORA JULY 27-29



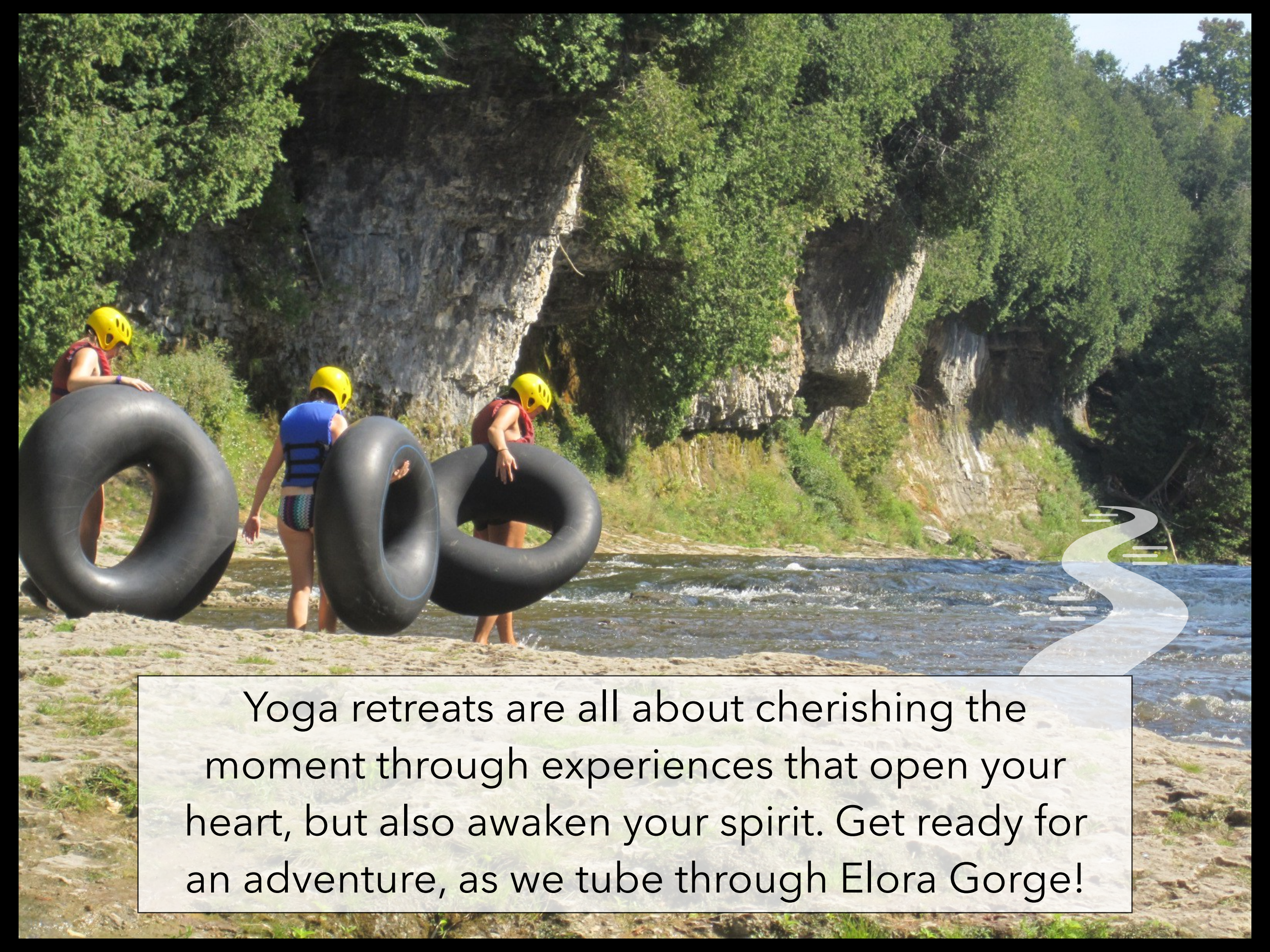
Just an hour's drive from Hamilton, Lies the beautiful town
of Elora, voted top 3 places to visit in all of Ontario !

Together we'll savour summer days with 4 outdoor practices geared towards empowering mind, body & spirit through full spectrum flows & guided meditations in Elora Conservation area.

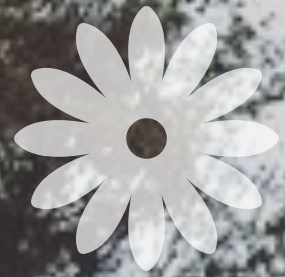




No cares or worries! Enjoy fresh meals with local ingredients, prepared for you from sunrise to sunset.



Yoga retreats are all about cherishing the moment through experiences that open your heart, but also awaken your spirit. Get ready for an adventure, as we tube through Elora Gorge!



Glamping, also known as glamorous-camping, satisfies the desire to connect with nature without giving up the simple pleasures!





Early bird pricing: Sign up before June 1st

\$600 + hst includes

- 2 nights accommodation ✓
- 6 fresh prepared meals ✓
- 4 yoga & meditation practices ✓
- River tubing adventure ✓

Additional Faqs:

Retreat is limited to 30 people. To reserve your spot, a 50 percent deposit is required. The remainder owing is due 30 days before the retreat start date.

Price listed is per person & is subject to hst tax.

In order to guarantee your spot, it is recommended to sign up with a friend or partner, as each tent must have a minimum of 2 people. In the event you would like to sign up as an individual, I can try to pair you with another person. Group reservations can also be made for 3 or more people looking to share a larger tent.

Food allergies and dietary needs can be accommodated no problem! Please let me know any requests/concerns ahead of time.

We will have full access to washroom & shower facilities, nearby in Elora Conservation area.

Each person is responsible for their own transportation to & from Elora. Parking is \$30 for the weekend (Car-pools can be arranged).

A what to pack list will be provided upon registration.

In the event you need to cancel your reservation, a full refund (Minus a \$50 registration fee) will be provided as long as 30 days notice is given.

Please contact anthony@natureofmindfulness.com with any questions!