



Ruth Shaw

CERTIFIED
YOGA TEACHER

“Spring Renewal”

Yoga and Meditation Retreat

April 24th-26th | Sugar Ridge Retreat Centre

You are invited to join Ruth Shaw, acclaimed author of “Kitchen Yoga”, for a fabulous weekend of Yoga, Meditation and yummy vegetarian meals at beautiful Sugar Ridge Retreat Centre (90 minutes from Toronto). Set among 150 acres of lush meadows, forests and rolling hills, there'll be plenty of time and space to unwind from the dark days of winter and nourish, restore and rejuvenate your mind, body and spirit. In between sessions you can hike, roam, nap, read, journal, or simply stare at the trees and just “be”.

Weekend includes:

4 yoga & 3 meditation sessions

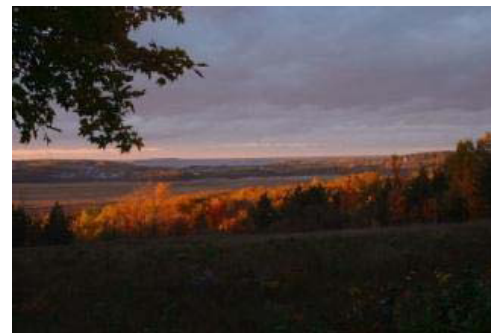
1 Freedance session

6 delicious vegetarian meals

Private or shared accommodations

New Feature!

A one hour session of Free Dance! Move and shake your bootie to the eclectic mix of world beat music! (optional)



To register contact Ruth Shaw at:

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P. 416.322.9990

www.ruthshawyoga.com

<http://www.sugarridge.ca/retreats.aspx>

Full Weekend

\$395

SPACE IS LIMITED

ALL LEVELS WELCOME