

# Yoga Retreat

Yogic Mindfulness

*Smrti Sadhana -The Practice of Recall*

at Windhorse Farm, NS



with

**Sheree Theresa Gurnell C-IAYT, E-RYT**

**November 9-12<sup>th</sup> 2018**

Sheree welcomes you to join her in a yoga meditation retreat in the tradition of T. Krishnamacharya and TKV Desikachar. Take time away to shift perspective, cleanse yourself with daily yoga practice, and enjoy wholesome food whilst connecting to nature and your yoga community. All students, teachers and practitioners of yoga are welcome.

*A retreat offers us a sense of spiritual community that is mutually supportive and revitalizing. Please join us for these precious few days!*

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