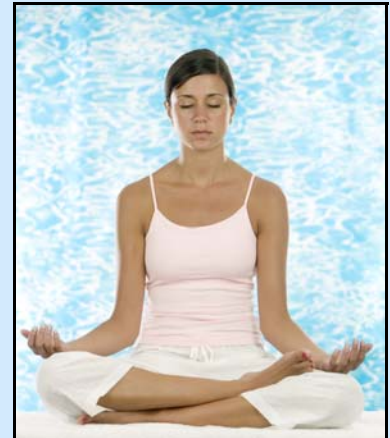


Nurturing Body, Mind & Spirit: Yoga Retreat

Come stretch your body, mind and spirit with a weekend of Purna Yoga! Purna means 'complete', and the retreat consists of both physical yoga postures and meditation, providing a wonderful opportunity to take care of your body, quiet your mind and go deep within.



*The body is my temple,
the asanas (physical postures)
are my prayers to God."*

**6:30 p.m. Fri. Nov. 19
to**

4 p.m. Sat. Nov. 20
(includes meals & accommodation)

**Call 780-459-5511 for more
information & to register.**

**Some yoga experience recommended. Wear
comfortable clothing; bring a yoga mat and a blanket.**



Cassie McColl is a Certified Purna Yoga Instructor with the College of Purna Yoga in Bellevue, Washington. She has been practicing yoga for over 8 years and has spent the last 2 years studying Purna Yoga in Bellevue with Aadil Palkivala and Mirra, the founders of the college. She graduated from the 2-year program in September of this year, began teaching thereafter and is excited about beginning her teaching career. Cassie McColl was born in Edmonton, Alberta. She has an undergraduate degree in Honors Physiology (2002) from the University of Alberta.

Star of the North Retreat Centre
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780-459-5511 www.starofthenorth.ca