

Yoga and Journal Writing Retreat

Yoga and journal writing offer participants the opportunity to explore their physical, emotional, mental, and spiritual bodies. In this one-night retreat, you'll be invited to experience relaxation techniques, yoga movements, and guided journal writing. Use these practices to reflect on your behaviour and bring awareness to your life in the present moment. Explore how your behaviour and choices may be contributing to your stress and challenges. No yoga or journal writing experience is required to attend this retreat.

Teacher: Angela Wiens considers yoga her constant and compassionate teacher, providing a way to live in the present moment with awareness and gratitude. Angela believes that yoga meets you where you are. Her teachings are suitable for students who want to experience an integrated approach of asana (postures), pranayama (breath work), mantras, meditation, and philosophy. Her goal is to provide an opportunity for people to learn principles for developing a healthy body, a clear mind, and a joyful spirit.

Friday, March 2 at 6:30 pm to Sat. March 3 at 4:00 pm

\$125.00 (includes Friday accommodation and breakfast & lunch on Saturday)

Yoga Workshop: Releasing the Neck, Shoulders and Upper Back ... Ahhhh!

Most of us carry tension in our neck and shoulders and as a result the blood vessels in these areas shrink, thereby creating pain and stiffness and often leading to headaches and fatigue. Such tension and stiffness reduces our ability to think clearly, to communicate effectively and express what we need to say. In this workshop, you will learn stretches and exercises for releasing tension in these key areas to promote a stronger and more clear mind-body connection. By the end of the workshop you will be giving a big sigh of relief - ahhh! **Teacher: Cassie McColl** is a Certified Purna Yoga Instructor with the College of Purna Yoga in Bellevue, Washington. She has been practicing yoga for over 10 years and has been teaching yoga for over 3 years. Cassie McColl was born in Edmonton, Alberta. She has an undergraduate degree in Honors Physiology (2002) from the University of Alberta.

Sunday, March 25

2pm-4pm

\$35.00

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

To register call: 780-459-5511

www.starofthenorth.ca

Star of the North Retreat Centre

3A St. Vital Ave. St. Albert, AB T8N 1K1