



Women's Retreat

Step 11 - Nurturing Practice

May 25th to 27th, 2018
Siddhartha's Intent
Sea to Sky Retreat Centre
On Daisy Lake by
Garibaldi Provincial Park

Register Now Space is Limited!

Includes 6 delicious home-cooked vegetarian meals and clean comfortable shared accommodation

Sliding scale fee, minimum \$100

Please bring a notebook, water bottle, small towel and yoga mat! Namaste

Secluded 40 acre site of extraordinary natural beauty, Siddhartha's Intent Sea to Sky Retreat Centre is an elegant Buddhist and non-sectarian Retreat Centre

Meditation and Breath Work

Gentle Yoga

Vegetarian Food

Nature Walk & Quiet Reflection

Recovery Yoga

Facilitated by:

Angela von Werder
Certified Recovery Life Coach
Mindful Meditation Teacher

Sue Olson
500 hr. Certified Yoga teacher specializing in trauma and recovery.
Y12SR, CPT

Presented by:

Avalon Recovery Society and

Soroptimist International of North & West Vancouver

