



Rediscover Ourselves,
Empower each other,
Restore our connection
with the Earth

Northern Edge Algonquin

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800-953-3343

NorthernEdgeAlgonquin.com

Yoga Rhythms: Yoga, Drumming and the Internal Rhythm

In this eco friendly yoga retreat we will spend time learning and practicing drumming rhythms from around the world, such as Africa, Cuba, & Brazil. Step by step we will learn hand rhythms, songs and dances from their corresponding countries. Within our yoga practice we will learn how to shift into our own internal rhythm, shaping our yoga through instinct, intuition, and the ability to meet the body exactly where it is within each moment. Inspired deeply by our connection to the natural world, the sheer joy of sound and rhythm and the soulful honest expression of movement within the body. We will create evenings of music drumming by the fire under a blanket of stars.

The fusion of YOGA and DRUMMING will set you on the path to your most ALIVE route to life!

*"The Challenge is to be
with breath and beat all
along the way"*

2008 Summer Yoga Retreat Dates

July 3-6

What to Expect

3 nights/4 days at the
Edge, our eco-retreat

Arrival: 2-4 pm

Departure: 3-5 pm

Prices (before tax)

2008 Early Booking
Special Package Price:
\$697/person

(save \$47)

with two, save 10% more.

Pricing Breakdown:

Program: \$320/p

Meals & Accommodation:
from \$106/p/d

More About the Edge: Northern Edge Algonquin, our home for **personal growth yoga retreats** and adventures is a beautiful nature retreat built in harmony with the earth, at Ontario's Algonquin Provincial Park. Clean, green and dedicated to sustainability, the Edge is located on the edge of Algonquin Provincial Park, where the landscape affords many opportunities to explore on this retreat.

What to Expect: Our cabin accommodations provide clean, simple comforts and abundant perspectives. Our mission lives not just in the events we host, but in our commitment to sustainability: serving up organic, locally raised foods, alongside fair trade goods, and preparing all meals fresh, and lovingly by hand. Shared dining, retreat and bathing facilities balance modern convenience with ecological principles providing an environment that enriches our personal growth retreat experiences.

Easy to Get to: Our Solar-powered nature retreat is nestled on the Edge of Algonquin Park. Served by bus, train and airport shuttle, we are happy to offer travel advice and driving directions.

Next Steps: We invite you to call us toll free at 1-800-953-3343 in North America or 705-386-1595 local or international (country code 001). You can also check availability of this yoga retreat and other personal growth retreats and adventures online using our webform at www.NorthernEdgeAlgonquin.com/planner.html.

Book your Winter Yoga Retreat Vacation today! You can check availability online at www.NorthernEdgeAlgonquin.com/planner.html or call us at 705.386.1595.