



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

Northern Edge Algonquin

NorthernEdgeAlgonquin@gmail.com

800-953-3343

NorthernEdgeAlgonquin.com

Yoga & the Zen of Winter Women's Retreat

Connect with nature and nurture your inner fire with yoga practice in our bright warm yoga studio. Later, experience the magic of Algonquin Park with beginner-friendly backcountry snowshoeing, skiing, ice skating and nature sculpture under the care and guidance of our adventure retreat facilitators. In the evening, gather around the fire with a warm mug of your favourite brew meeting and sharing with other women or venture onto the lake for a memorable fire ceremony.

It's a little yin for your yang. Together with healthy, inviting meals and time to relax, this women's **yoga retreat** will stretch your body and soul without stretching your limits.

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.

*"Fire and Ice under
the stars . . . Now
that was memorable."*

2008 Winter Yoga Retreat Dates

February 7-10
February 21-24

What to Expect

3 nights/4 days at the
Edge, our eco-retreat
2-3 hrs outdoors/day

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

*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.*