

Northern Edge Algonquin

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

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## Quest for Balance Yoga & Sea Kayaking Retreat

What if you could find a yoga vacation experience that posed a fine balance between a **sea kayak adventure** and a **yoga retreat**? If you were guided each day to focus on yoga as an invitation to live its principles, how could you begin, transform or deepen your practice?

With outstanding yoga & sea kayaking facilitators, this balanced personal growth yoga retreat at Ontario's Algonquin Park offers daily yoga in the cradle of our eco-retreat while learning to kayak on a scenic lake. It's a little yin for your yang.

Together with healthy, inviting meals and time to relax, cycle or hike, this quest will stretch your body and soul without stretching your limits.

**More About the Edge:** Northern Edge Algonquin, our home for **personal growth** 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 and **yoga 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 retreat and other personal growth retreats and adventures online using our webform at [www.NorthernEdgeAlgonquin.com/planner.html](http://www.NorthernEdgeAlgonquin.com/planner.html).

*"Daily yoga and sea kayaking helped me reflect on how I meet resistance in my life. It was a personal growth vacation my partner enjoyed as well."*

### 2008 Yoga Retreat Dates

June 27-June 30

July 10-13 (women only)

Aug 1-4

Aug 14-17 (women only)

Aug 29- Sept 1 (women only)

### What to Expect

3 nights/4 days at the Edge, our eco-retreat  
2-3 hrs sea kayaking/day  
2-3 yoga sessions/day

Arrival: 2-4 pm

Departure: 3-5 pm

### Prices (before tax)

2008 Early Booking Price: \$697/person (Save \$47 until Jan 1, 2008). With two, save 10% more.

Program: \$320/p

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

*Book your Personal Growth Vacation today! You can check availability online at [www.NorthernEdgeAlgonquin.com/planner.html](http://www.NorthernEdgeAlgonquin.com/planner.html) or call us at 705.386.1595.*