



# HEALTH & WELLNESS RETREATS

Join Master Yoga Practitioners, Tara and Melanie for an immersive yoga journey through a four-part Retreat Series based out of the inspired space of Lotus Village Yoga, in North Saanich.

- October 14, 2023
- November 4, 2023
- December 9, 2023
- January 13, 2024

8:30 AM - 2 PM

\$125 + tax per session  
OR  
\$450 + tax per full series



- Morning Mindfulness/ Meditation
- Yoga Pose Workshop
- Locally Catered Lunch

- Restorative/ Yoga Nidra
- Energy Health/ Chakras
- Breathing Practices

## YOUR TEACHERS



Tara specializes in Yoga therapy for PTSD, injury, mental health & is the founder of Mindfulness programs for schools & hospitals

We anticipate full house!  
Reserve your spot now to avoid disappointment



Melanie is known for teaching with care and intention, fostering confidence and fine-tuning alignment



REGISTER @ [LOTUSVILLAGEYOGA.COM](https://lotusvillageyoga.com)