

# YOGA WELLNESS

The Therapeutic Choice

**SUMMER RETREAT** with Edie Cassady

Village Creek Country Inn, Village At Pigeon Lake

Yoga at the Lake Studio, ECO Cafe

July 3<sup>rd</sup>, 4<sup>th</sup>, 5<sup>th</sup> 2020

## Yoga, Meditation & Spa Treatments

This transformational retreat will include :

- YOGA THERAPY Friday, Saturday, Sunday
- SPA TREATMENTS
- ESSENTIAL OIL THERAPY
- FRIDAY EVENING PICNIC & CHOCOLATE
- SATURDAY EVENING DINNER
- SUNDAY YOGA ON THE BRIDGE
- SUNDAY BRUNCH

**Fee:** \$340.00 Payment due upon registration

Your fee **does not include** the cost of your room.

It is important upon registration to book your hotel room at [www.villagecreekcountryinn.com](http://www.villagecreekcountryinn.com) or call 1 (780) 586-0006.

Your spa treatment(s) will be booked with Essentials Spa at [www.essentialspaandwellness.com](http://www.essentialspaandwellness.com) or call 1 (780) 586-2880

**Registration Contact:** Edie Cassady, Registered Yoga Therapist  
at [www.yogawellness.ca](http://www.yogawellness.ca) or call (780) 466-6548