

# Does Your Soul Need Some Nurturing?

Life can be stressful.

Do you have days that are a blur?

And maybe you're not sleeping so well because you're busy rewinding the day.

Yoga + Nature + Adventure + Great Food = BLISS

*"Where do I start? Food, nutrition, warmth, loving care on behalf of hosts and facilitators, conversation, collaborative learning, laughter, joy, healing, the space - canoeing, lake, silence!" ~ Maggie D.*

If you've wondered how to

- Cope with life's stresses and challenges
- Feel emotionally balanced and energized
- Become more mindful and deepen your sense of spirit
- Practise gentle exercise that's good for the soul

...then this is the retreat for you!

## Welcome to the Healing Heart Retreat at Tamarack Lodge

### *Feel Refreshed*

- Stay in cosy, well-appointed housekeeping cottages.
- Relax on a private sandy beach on peaceful Tamarack Lake in the beautiful Haliburton Highlands.

### *Restore Your Inner Balance*

- Practice gentle yoga and mindful breathing.
- Relax into Restorative Yoga and Yoga Nidra for better immune function and wellbeing.
- Experience the subtle rejuvenating healing of group Reiki sessions.
- Brighten your heart with healing meditation and develop mindfulness techniques to stay grounded in your daily life.

### *Discover Well-being*

- Unwind, explore and connect with nature as you hike or paddle around the secluded bays of the lake.
- Make new friends and get connected around evening campfires on the beach and singalongs in the Pixie Hut (it's a treat!).
- Delight in organic, nutritious culinary creations by Barbara. Enjoy healthy and delicious continental breakfast in your cottage, and communal lunch and dinner.

*Rekindle Your Inner Wellbeing. Register Today. Call 416-859-0585.*



Sunday, August 21 @ 4 pm to Friday August 26 @ 2 pm

Registration fees starting at \$1,297 + HST

*Space is Limited. Contact*

**Donna Sellers, B.Sc., E-RYT500 Therapeutic Yoga Teacher**  
416-859-0585 or [info@yogaspiritus.com](mailto:info@yogaspiritus.com)

*Tamarack Lodge*

1003 English Circle  
Gooderham, ON K0M 1R0  
(2-1/2 hours NE of Toronto)

Your hosts at Tamarack: **Barbara Kraus** and **Reiner Arnold**