# 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.

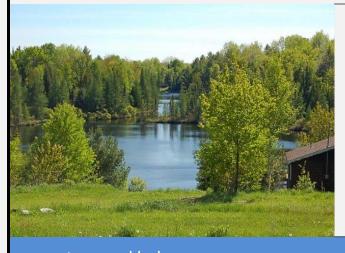
#### Restore Your Inner Balance

- 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

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Tamarack Lodge

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

Your hosts at Tamarack: Barbara Kraus and Reiner Arnold

www.tamaracklodge.ca

www.yogaspiritus.com