

THRIVE! IN MUSKOKA

A 3-day Real Evolution Yoga Program



Learn to Thrive!

Experience the power of Integrated Body/mind.

Heal through generating Wholeness.

Educate and develop your nervous system.

Get Real!

On your mat. In your actions.

With your discourse. Move yourself forward!

Real Evolution Yoga -

Blending the best of hatha yoga, kundalini yoga, eye & nervous system training, breathwork, meditation, and communication.

Program Includes:

- 3 complete REY practices
- Meditation + Stillness
- Discussion Sessions
- 3 Lunches + 2 Dinners
- Time to play, connect + reflect

Hours:

- Thursday 5-9pm
- Friday 9am-7pm
- Saturday 9am-8pm
- Sunday 9am-1pm

Location:

- Zen Muskoka Yoga Studio, Bracebridge Ontario

Investment: \$489 CDN



September 27-30, 2018

Info + Registration:

www.realevolutionyoga.com