

Awakening the Heart Yoga Retreat

with senior teachers
*Elisabeth Michielsen
& Anna Radyo*

Elisabeth and Anna work in a deep and integrated way that brings participants into the heart of their practice. Yoga postures, pranayama & meditation, deep relaxation, self-inquiry & group process will support your inner journey.



May 24 - 27, 2012

at the beautiful, serene Sylvan Lake Baha'i Center

Cost \$425

(includes tuition, meals & accommodation)

\$100 deposit required.

Appropriate for all levels of students.

Teachers welcome.

To register contact: Anna Radyo 780-439-5196 or Elisabeth Michielsen 250-338-4263
bodyheartsoul@shaw.ca • www.bodyheartsoul.com