

Relaxing into the Page

Fernie, BC, Canada

May 22nd - 25th, 2014

A restorative weekend of yoga, meditation & writing in the BC Rockies.

Join us for a restorative weekend of **yoga, meditation, and writing practice**. Facilitators will guide you toward a rediscovery of the joy in your own creative process. **Relaxing into the Page** is an exclusive and intimate weekend limited to 14 participants. Extras will be wait-listed for future workshops. Register early to be assured a space in our May weekend. Facilitators are Angie Abdou and Andy Sinclair.

**Thursday, May 22nd – Sunday May 25th
at Elk View Lodge in Fernie, BC**

The Writer



abdou.ca

The Yogi



The Food



nourishthroughnature.com

The Space



elkviewlodge.com

Don't delay, sign up today!

For more information, please visit our website,
www.abdou.ca/relaxintothepage or contact Angie
at aabdou@telus.net

www.abdou.ca/relaxintothepage/

