

# Yoga your own Greatest Adventure

The Pulse Generator partnering with Yoga with Friends and Frik-shuhn Yoga & Coaching presents:

## Virtual Weekend Retreat

**March 5 - 7, 2021**

*Fri. 6:30 -9pm, Sat.& Sun. ending 12 noon*

*In the safety of your own space enjoy*

- 4 Yoga practices,
- 2 meditation
- 2 mindfulness sessions
- Community Connection

[https://clients.mindbodyonline.com/classic/ws?  
studioid=679328&stype=-7&sTG=26&sView=day&sLoc=0](https://clients.mindbodyonline.com/classic/ws?studioid=679328&stype=-7&sTG=26&sView=day&sLoc=0)

**\$75/person or come with a friend**

**\$125/2 people**

joan.radford@ahs.ca

www.pulsegenerator.ca

