



MIND BODY  
BREATH

WINTER GETAWAY IN A DAY

SCHEDULE  
(SUBJECT TO CHANGE)

8:45AM – 9:00AM	ENTRY
9:00AM – 9:15AM	WELCOME INTRODUCTION TO THE DAY HOUSEKEEPING
9:15AM – 10:30AM	YOGA
10:30AM – 10:45AM	BREAK Coffee, Tea, Fresh Fruit
10:45AM – 11:45AM	YOGA ON AND OFF THE MAT Mindfulness, Meditation and Intro to Forest Bathing
11:45AM – 12:30PM	LUNCH A FRESH VEGETARIAN MEAL WILL BE PROVIDED. PLEASE ADVISED OF ANY ALLERGIES/DIETARY RESTRICTIONS BY FEBRUARY 8TH, 2019
12:30PM – 2:00PM	FOREST BATHING (OUTDOOR)
2:00PM – 2:20PM	BREAK COFFEE, TEA, FRESH FRUIT
2:20PM – 3:40PM	FIRESIDE YOGA
3:40PM – 4:00PM	CLOSING

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