



WINTER GETAWAY IN A DAY

WHEN Sunday February 24, 2019
9:00am – 4:00pm

WHERE Claremont Nature Centre
4290 Westney Rd.
Pickering, Ontario
L1Y 1A2

Thank you for registering for Mind Body Breath's Winter Getaway in a Day.

Instructors Zenia Mihevc, E-RYT and Vanessa Goeldner, RYT offer a full day of Kripalu inspired yoga classes, mindfulness and meditation practices and an experiential introduction to the principles of Forest Bathing on the 160-hectare property of the TRCA's Claremont Nature Centre.

REGISTRATION FORM

Name	
Address	
Phone	
Email	

Enjoy a day connecting **Mind Body Breath** through Yoga, Mindfulness and Forest Bathing. This retreat offers two 75 minute yoga classes, guided mindfulness and meditations practices and an experiential introduction to forest bathing. Please bring appropriate outdoor clothing as we will be outside exploring the winter landscape for 90 minutes.

A delicious vegetarian lunch prepared by the Claremont Nature Centre's Chef will nourish your bellies, while Zenia and Vanessa support you in nourishing your souls. Coffee, tea, water and fresh fruit will be available all day (lug-a-mug).

Please advise **Mind Body Breath** of any allergies/dietary restrictions by **February 8, 2019**.

Prepare for a day that will leave you feeling centered, grounded, refreshed and inspired.

See schedule for more details on the day.

To reserve your spot, send in your completed registration form and release agreement and e-transfer your payment to info@mindbodybreath.ca

RETREAT FEE: \$174.99 + hst (\$22.75) = \$197.74

CANCELLATION POLICY: If you need to cancel, we will refund 50% of your registration fee on or before February 8th, 2019.

No refund will be issued if you cancel after February 8th, 2019.

For more information contact Zenia or Vanessa at **Mind Body Breath**

Phone: 647-970-6144 Email: info@mindbodybreath.ca Website: www.mindbodybreath.ca



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RELEASE AND AGREEMENT

We are delighted to have you join our Winter Getaway in a Day. To receive the most from your yoga experience please be aware of the following:

1. All exercise programs involve a risk of injury. By choosing to participate in yoga classes with Mind Body Breath, you voluntarily assume a certain risk of injury. The following guidelines will help you reduce your risk of injury:
 - Breathe smoothly & continuously as you move & stretch
 - Do not strain to attain any position
 - Work gently, respecting your body's abilities & limits
 - Do not perform postures or movements that are painful
2. It is always advisable to consult with your physician before embarking on any exercise program.
3. Awareness is fundamental to the practice of yoga. As a student, it is solely your responsibility to monitor each activity offered and determine whether it is appropriate to participate.
4. By signing this form, you hereby release Mind Body Breath from any and all liability for injuries that are not directly related and proximately caused by their professional negligence.

I have read, understood, and agree to the content of this release form.

(If under 18, signature of a parent or guardian)

Signature

Date