

# Refresh, Relax, Restore India 2011

Sign up by  
November 1st  
and save \$100

You're invited to join Sarah and Barb, two 500-hour certified yoga teachers, for a transformative yoga holiday in a retreat setting near the holy city of Rishikesh, India. Situated in the foothills of the Himalayas, the Anand Prakash ashram is the perfect home base for practicing yoga, meditation and simply getting away from it all.

For 17 days, allow yourself to relax and explore India's rich culture and return home feeling restored and with a customized yoga program.



## Your all inclusive yoga retreat includes:

- Accommodations and all meals
- Transfers to/from Delhi International Airport
- 2-3 yoga classes per day and 10 half day workshops
- Daily guided hiking and walking tours
- Excursions to Haridwar, Rishikesh, the Himalayas and more!

**Contact:** Barb Pierce at 613.220.1173 or  
coachinghorizons@sympatico.ca

Learn more at

[www.risingsunyoga.ca](http://www.risingsunyoga.ca)

**March 19 to April 3**

**Cost: \$2,000\***

\* Plus taxes and airfare. Based on double occupancy, rate per person, single extra.