

**Directions to
Novalis from
Toronto**

Hwy. 404 North to Davis Drive. East (right) on Davis Drive. Turn (left) onto Hwy. 48 and follow it until you come to Hwy. 12. Turn North (left) onto Hwy 12. Continue on Hwy.12. After 2 Km turn east (right) into Thorah 3rd Line, opposite the Radio Tower. Follow road for 2 Km over the Beaver River bridge. Immediately after the bridge turn left into the driveway of Novalis. Unload your stuff at "SUNSET" then park your car at the back of the property.

Novalis River Resort
(B&B) Inc.
Thorah 3rd Line (B1765)
Beaverton, ON LOK 1A0
Hosts: Birgit & Eckart
Wartenberg

\$260 Include:

Shared room/bath
6 vegetarian meals, 2 bedtime snacks,
coffee/juices with breakfast, herbal tea
all day
Swimming pool (weather permitting)
Sauna available for 3 hours

Optional (Extra): facial, massage
(\$55-65/ea), & bed-linen (\$15) +Taxes

Payment Schedule

Non-Refundable \$100 by Jun 16/06
Balance \$160 due by Jul 28/06

*No post-dated cheques please.
First come first serve basis*

Asia Shin Yoga Studio

1072 Westhaven Drive
Burlington, ON L7P 5B5
L7P 5B5

Phone: 905-319-5528
E-mail: asia@cogeco.ca
Website: www.asiashin.com

*Fall 2006
Yoga
Retreat
At Novalis*



*Let's
discover
a better YOU!*

Fall Yoga Retreat 2006 with Asia @ Novalis

Let's allow yourself to enjoy the space to breath, eat, sleep, play yoga for a few days at serene country setting.

Let's allow yourself the opportunity to find your balance and reside in your balance, at the Novalis' lands which have been lovingly nurtured chemical free for 17 years, free of all the pressures you normally encounter trying to take care of yourself and others.

Give yourself the chance to experience yoga, not as a class, but as a way of life.

Retreat Schedule

Friday September 29

3–6 pm	Check In
6–7 pm	Dinner
7–8 pm	Silent Walking Meditation
8 pm	Snack
10 pm	Bedtime

Saturday September 30

7–8 am	Silent Walking Meditation
8–9 am	Breakfast
10–11 am	Hatha Yoga
12–1 pm	Lunch
3 - 4 pm	Hatha Yoga
4:30–5:30 pm	Optional Ashtanga Yoga
5:30 –6:30 pm	Dinner
7–8 pm	Silent Walking Meditation
8 pm	Snack
10 pm	Bedtime



Sunday October 1

7–8 am	Silent Walking Meditation
8–9 am	Breakfast
11–12 pm	Hatha Yoga
12 pm	Lunch
3:00 pm	Check Out

705-426-4530

In case of emergency you can be reached at this number during the retreat

Please do not call this number in any other circumstances.