

# Past Retreat

## Sadhana Day Retreat

### Saturday, June 24, 2023



### Reset & Recharge

*"Within you there is stillness and a sanctuary to which you can retreat at any time and be yourself."* - Herman Hesse

Join VYoga instructor, Veronica Vukusic, for a day of yoga practices that will offer you integration, movement, and teachings on how to bring more balance into everyday life.

#### Where the river meets the Sound...

Located in downtown Squamish, The Yoga Studio has incredible views of the Stawamus Chief and is just steps away from the Estuary.

Give yourself this gift...

- ▶ Meditation
- ▶ Breathing Exercises
- ▶ Hatha Yoga
- ▶ Workshops & Discussions
- ▶ Community Building

**Where:** The Yoga Studio

**Address:** 37776 2nd Avenue, Squamish

**Time:** 10am - 5pm / 5pm - 6pm (Estuary Stroll)

**Cost:** \$95 (lunch not included)

**Register:** [www.vvyoga.ca](http://www.vvyoga.ca)

**Contact:** [info@vvyoga.ca](mailto:info@vvyoga.ca)

Props are provided. All are welcome.