



shine  M  
RETREATS

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*Come join our*

**YOGA & WELLNESS**  
**RETREAT FOR WOMEN**  
.....

A 4-day/4-night mind & body wellness retreat, offering;

**Vinyasa Flow & Restorative Yoga**

**Meditation & Yoga Nidra**

**Delicious Vegan Cuisine**

**Natural Detox & Healing Techniques**

**Journaling & Inspiring Wellness Workshops**

**Hiking, Swimming & Relaxing Bliss**  
.....

1st retreat: **July 2-6, 2014**

2nd retreat: **July 9-13, 2014**

..... *in beautiful* .....

**Whistler, British Columbia**

For more information, visit:

**[shineOMretreats.com](http://shineOMretreats.com)**