

Body, Breath & Being

One Day Yoga Retreats

Yoga Practice Breathwork Meditation Ayurveda Nature

Two opportunities

Sun. July 24th or Aug. 7th, 8:30 am to 5:30 pm

Paul Smith's College VIC



Let go of the details of daily life and discover the peace and connectivity of your unencumbered being. Enjoy yoga sessions, breathwork, meditation, workshops and unstructured time in a natural environment.

Hosted by Jackie Foster, RYT

\$95 Includes a vegetarian lunch and snacks

Details and registration at EarthshineYogaStudio.com



Earthshine Yoga
Studio, LLC

EarthshineYogaStudio.com
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Paul Smith's College VIC



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