

# HOLISTIC HEALING WEEKEND GETAWAY

With Roxanne Joly and Dr. Kristy Lewis



This retreat will allow you to let go of your busy and often stressful schedules. Roxanne has been teaching yoga and leading trainings and personal development workshops in Ottawa for over 15 years. Her holistic approach to classes are open to all levels as she shares the teachings of Tantra, Ayurveda, mantra and Meditation.

Dr. Kristy Lewis is a Registered Holistic Nutritionist and a Naturopathic Doctor who has been practicing for over 12 years and has regularly been the number 1 ND in Ottawa. With a practical and sustainable approach to whole body healing, Dr. Lewis guides her patients towards improved vitality, optimal body functioning and disease prevention.

Both Roxanne and Kristy have co-lead trainings and workshops and are excited to come together for their second weekend escape to share their knowledge and allow guests to relax, renew and take advantage of the wealth of wisdom they have to share!

## WEEKEND INCLUDES:

6 Yoga classes + Lectures with 1 Yoga Nidra Session and Shamanic journeys  
3 Guided Meditation Sessions  
1 Naturopathic Workshop  
1 Individual Acupuncture Session  
1 Complimentary Infrared Sauna Session

Delicious Vegetarian meals and snacks  
All day tea bar

Enjoy the kayaks, canoes, swimming dock, water trampoline, hang out relaxing in a hammock or enjoy a beautiful walk

Shared Room: \$535 per person (4 guests)  
Semi-Private: \$630 (2 guests)

## JUNE 1-4, 2017

### Thursday

Arrival anytime after 2pm  
4:30 pm Welcome gathering  
6 pm Dinner  
7:30 pm Yoga practice

### Friday

7 am Group meditation  
8 am Breakfast  
10 am Yoga practice  
12:30 pm Lunch  
2 pm Naturopathic talk  
3 pm Free time  
6 pm Dinner  
8 pm Yoga class & journey  
10 pm lights out

### Saturday

7 am Group meditation  
8 am Breakfast  
10 am Naturopathic talk  
12:30 pm Lunch  
1:30 pm Acupuncture  
3 pm Free time  
6 pm Dinner  
8 pm Yoga class & Nidra  
10 pm Lights out

### Sunday

7 am Group meditation  
8:30 am Lecture & yoga  
11 am Brunch

For more information:

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