

A SOULSTICE CELEBRATION

THURSDAY JUNE 21, 3:30PM- 9:30 PM

Your Nature in Nature With Carleen Ellis

At PURE AWARENESS
YOGA & RETREATS

Carleen is a yoga and meditation instructor as well as a contemplative writer and wholistic consultant. She is the founder of Heart Centered Life www.heartcentered.ca and is in the process of publishing her first book, "Orchid of Fate; a Meditators Memoir. Carleen is passionate about people celebrating the vibrancy of life through health, healing and wholeness.

Schedule of Events

3:30-5pm: Yoga - Arrive and unwind with a hatha hips practice designed to de-stress your body & mind and ground your presence.

5:30-6:30: Nourish - yourself with a vegetarian, gluten free meal for the best of your health and wellness from Eco Cafe

6:30-8:00: Nature - Enjoy a silent walk in nature on 4km of trails, meditate surrounded by forest, or try your awareness on a paddle board! This is your time to re-connect.

8-9:30: Fireside - Celebrate transformation with trataka gazing, sanctum space and sharing the sacred spoken word. Bring your inspirational words!

Cost: \$75

for more info & Registration
heartcenteredymw@gmail.com

780-710-7952

Registration deadline
June 1

Pure Awareness Yoga & Retreats



Just 1 hour

SW of Edmonton Near Winfield AB

Find us on FB & IG (780-499-2638)