



CHRIST CENTRED YOGA RETREAT
**TIME OUT FOR
BLESSINGS**

PRESENTED BY CONNIE MOKER WERNIKOWSKI
OF
BIG FISH YOGA

APRIL 28, 6 PM TO APRIL 29, 5 PM
LIVING SKIES RETREAT CENTRE
LUMSDEN, SK

WHAT TO EXPECT: ACTIVE AND RESTORATIVE YOGA; MEDITATION; SOME FREE
TIME FOR WALKING, RESTING, VISITING; CHRISTIAN CHANTING; INTRO TO THE
FIRST IGNATIAN SPIRITUAL EXERCISE
(FLIP SHEET FOR REGISTRATION FORM)

FOR MORE INFORMATION CONTACT: CONNIE @ 306-551-6933 OR
EMAIL: MOKERW@SASKTEL.NET

Time out For Blessings: Registration Form

Name _____ Address _____

Phone _____ Email _____

Do you have dietary restrictions: vegetarian __, vegan __, gluten free __
Other (explain) _____

Office use only: Payment rec'd ____ date ____ amount ____

Cut along this line. Submit short form and payment. Save rest of sheet for your own info.

**Give form and payment to Connie in class or mail to Big Fish Yoga, 3712
Allen Avenue, Regina, S4S1A2 or email mokerw@sasktel.net**

Cost is \$193.00.

Payment can be made in two installment or full amount at once.

If you choose to pay full amount please pay \$193.00 (\$53 of this is a non refundable deposit) OR

If you choose to pay in two installments \$53 payable today (non refundable) and please give a post dated cheque for \$140 dated April 1, 2017)

Cheques or email money transfer payable to Big Fish Yoga. Refunds of \$140 may be requested until April 17/2017. After that date, there will be no refunds.

Cost Breakdown:

Retreat Centre - \$136.50, Big Fish Yoga - \$50.00, GST - \$6.50

What to Bring:

Yoga mat, exercise clothes, overnight supplies, a journal or notebook, an open heart

Arrival: Friday April 28, 6 to 7 pm (No evening meal will be provided on Friday)

Departure: Saturday April 29, 5 pm (No evening meal will be provided on Saturday)

Single bedroom with private bath, breakfast, lunch and snacks provided by Retreat Centre.

Number of participants is limited by size of yoga room, so register soon!