

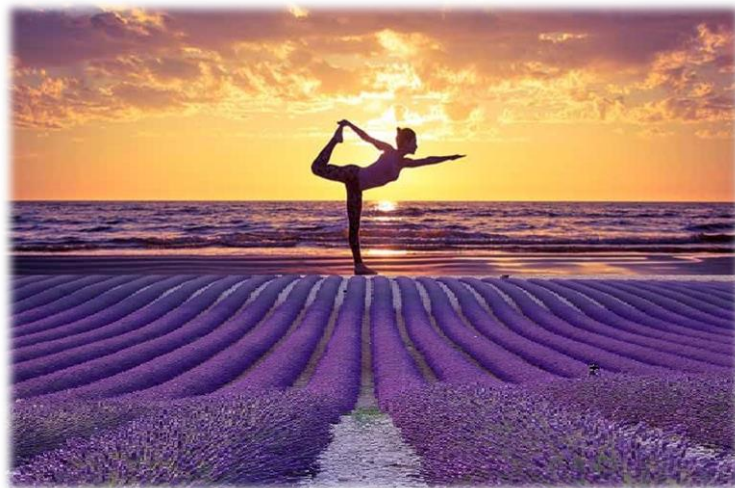
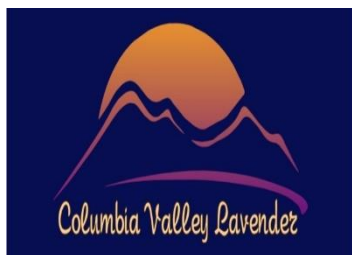
Lavender Yoga

A Mind-Body-Soul-Healing Miniature Retreat

Immerse yourself in the tranquil Lavender fields and the spectacular backdrop of the mountains of Columbia Valley for a true **Lavender Yoga** experience. The session will conclude with a calming Lavender tea and opportunity to buy fresh cut lavender bunches for your teas, lemonades, pot-pourries, wands and baths.

Kate from Columbia Valley Lavender farm, Edgewater and Purnima from Wellness Workshop HQ, Radium are looking forward to welcoming you on the farm for a delightfully healing **Lavender Yoga** evening amidst the aromatic lavender blooms. With the rejuvenating yoga poses and the calming properties of Lavender, you are sure to leave the farm in a centred, yogic state of mind.

DATE	TIME	COST
Wed July 11 th & Sat July 14 th	7 to 8.30 pm	\$35 each Early bird \$25 each or \$45 for both if booked by July 4 th



Questions? Booking? Payments? Contact:

Kate: Cell- (780) 712 - 2939 Email: columbiavalleylavender@telus.net

Or message us @ Columbia Valley Lavender on Facebook and Instagram

Purnima: Cell- (778) 316 - 6371 Email: purnima@wellnessworkshophq.com