

A Day of Deep Renewal for You

# Women's Yoga Retreat

for  
vibrant Pelvic Health



**Sunday, November 12, 2023** | 9:30 a.m. - 5:00 p.m. | **Open Heart Mind Centre**  
495 Williams Beach Road, Merville, BC  
**Early Bird Pricing: \$197.00** until midnight Wednesday, November 1  
Regular price: \$247.00. Registration closes midnight Wednesday, November 8.

**Register Online**  
**[catherinereid.ca](http://catherinereid.ca)**