



Rejuvenating Fall Detox-Yoga Retreat

Join us for a nourishing detox-yoga weekend Sep 25-27 in picturesque Muskoka to be amongst the changing of the leaves and be supported on your journey to optimal health. Discover the benefits of a revitalizing weekend of yoga, Zumba® and meditation, a brilliant medley of organic teas, delectable foods and Isagenix, and a series of healthful workshops uncovering the nature of good nutrition, personal growth, fitness and your body's innate capacity to heal itself from a supportive and intuitive collective of powerful wellness-minded women with over 50 years experience in the field of healing arts and leadership. Your passage to optimal health and well-being begins with one step!

Suzan Hart

Suzan Hart is a Master Trainer, Author, and Coach as well as an accomplished Athlete. President and founder of Hart Consulting. Suzan coaches and develops dynamic trainings in the areas of conflict, change management, communications, cultural competency and leadership. Suzan Hart's mission is to create environments where all individuals feel inspired, valued and honoured for their contribution. Experienced in the arena of nutritional cleansing and Isagenix, Suzan will be inspiring us to wrap our heads around health conscious living, the benefits of a cleansing lifestyle and the momentum that is created through leading by example.

Dorothy Ratusny, BSc., M.A., (C) OACCPP, PhD (Candidate)

Caring and thoughtful as well as stunningly accurate, Dorothy is a Psychotherapist, Life Coach and Author of both *The Purpose of Love* and *Live Your Life's Purpose*. Dorothy combines her extensive training in Cognitive Therapy with knowledge of Eastern philosophies, Mysticism, and Metaphysics. She has been in private practice for over 12 years and conducted on-going 'couples therapy' for the 13-part television documentary series *Love Is Not Enough* for the Life Network.

Dorothy is considered a leader in the area of self-actualization and personal growth, and has been acclaimed "one of the most gifted therapists of our time". Dorothy will be opening our minds to "Finding your Life's Higher Purpose."

Dr. Danielle Gilas - B.Sc., D.C.,

Dynamic and fun, Dr. Danielle Gilas is a Chiropractor, Wellness Advisor, Speaker and Athlete. Dr. Gilas combines her extensive training and knowledge of the human body and mind, Chiropractic, Acupuncture and other natural therapies with boundless energy to bring a fresh feel to health and wellness. With a keen interest in supporting people's unique expression of themselves, Dr. Gilas helps individuals discover their true power and potential of their bodies. Dr. Gilas will be conducting her renowned workshop "Your Body is a Healing Machine" which uncovers the mysteries surrounding Immunity, Inflammation and Homeostasis.

Dr. Michelle Crispe - B.Sc., D.C.,

Dr. Michelle Crispe is a Chiropractor with 12 years of Personal Training, Nutrition and Wellness Coaching experience. Dr.

Michelle now uses fat-loss secrets of the bodybuilding and physique industry to help others achieve the same success. As no stranger to the fat-loss and muscle-building world, Dr. Michelle is a natural amateur bodybuilder for the past 4 years earning 1st place, and pro card status, at her most recent competition with the IDFA. Dr. Michelle will be educating and entertaining us on the importance of fitness in a healthy lifestyle with her first-class workshop "Fitness 101."

Jasmine Arney, R.Y.T.

Known for her life-affirming and exuberant teaching style, Jasmine Arney, offers years of experience as a Yoga Teacher and Thai Yoga Massage Practitioner. Sharing the gift of yoga with young and old year round in her community of Muskoka, Jasmine teaches Kundalini and Hatha with an eclectic fusion of vinyasa, & ashtanga and Zumba®. Balancing her passion for family, community and the environment, Jasmine interacts with all aspects of life in the only way she knows how: with heart. Jasmine will guide us through self-discovery of our body-mind connection in the yoga studio and invigorate us with the lively practice of Zumba®.

Andrea Sinclair, P. Eng.

Andrea Sinclair has a life-long passion for creativity and leadership. A professional engineer, she is also a Certified Enneagram Trainer, a Nutritional Cleanse Coach, Business Coach, potter and writer. For over fifteen years she has studied and also facilitated groups in and around personal development, meditation, creative writing and journaling with a focus on using the creative process for self discovery. Within the workshop, Andrea will be creating an artistic environment that will move participants to build their health-related vision and take the spirit of the retreat back home with them.

Julia Grant, BA

Julia Grant is a high energy individual who for the last 14 yrs has immersed herself in the health and wellness industry. She has taken many self defense classes, done training in Judo, competed in boxing and in natural bodybuilding. She has also been a police constable with the Toronto Police Service for the past 4 years. Through her training she has learned many different skill sets that have helped defend her on the streets, in and out of uniform. Julia loves to share the knowledge that she has acquired over the years to help women feel safe and confident in their everyday lives and will be conducting an elective session in Self Defense.



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Participation in our REJUVEATING DETOX-YOGA RETREAT entitles you to:

- All nutritional cleansing and replenishing supplements for the weekend
- Organic cleansing foods and teas
- Organic feast on Sunday
- Workshops nutrition, fitness, life's purpose, healthy mind & habits, creativity & self-defense
- Yoga, meditation and Zumba® (A fusion of hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that will make you FEEL FAB!!)
- First-class guest rooms and facilities, including: an indoor and outdoor pool, sauna & hot tub, tanning beds, fitness room, yoga room, tennis, basketball, volleyball, shuffleboard, and walking trails through the cranberry bush
- Elective add-ons include postural analysis, personal training consultation, Thai yoga, massage, esthetics

RETREAT PACKAGES (price per person):

- Option 1 - \$455CAD (Shared room - 2 people in 1 bed)
- Option 2 - \$555CAD (Shared room – 1 person per bed)
- Option 3 - \$605CAD (Private room)

Sign up before September 11th and receive a bonus fitness consultation & assessment.

To Register: Call GreeneStone @705.762.5501 Toll Free: 877.762.5501
or Fax Registration Form to: 705.762.1937,

www.greenestone.net

The time to support your health is now!

"What lies behind us and what lies before us are tiny matters compared to what lies within us."

Nourish, unwind and grow with a refreshing women's weekend retreat!



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Registration Form

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Tel: _____

Email: _____

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