

Integrative Breath Immersion Retreat - August 27 to 30, 2021
Intimate setting limited to 6 participants
Nestled in nature at luxurious accommodation near Carbon, AB

Retreat Includes:

- **3 Facilitated Breath Sessions**
- **Yoga and Core Body workouts lead by Nicole**
- **Kundalini Yoga lead by Dale**
- **Laughter Yoga**
- **Active Meditations**
- **Conscious Communication Exercises**
- **Cacao Ceremony**
- **Sound Healing**
- **45 Min Massage**
- **Wholesome, Home cooked Cuisine**
- **Private Room with Queen size bed**
- **Ample time to rest, relax, unwind, spend time in nature and play**

Investment: \$1400 All Inclusive Retreat

Payment Plans Available

Dale and Nicole

604.314.9096 / 403.506.2132 or dalekjoyal@me.com

breathedeeplylaughloudly.com