



Writing and Yoga Retreat

A one-day workshop to awaken your body and invite the muse

Sunday, May 15th, 2011

10 am - 4 pm

Please join **Anthea Browne** and **Julie Paul** for a day-long retreat in Victoria. We'll help you to **stretch yourself in new directions**, both on the mat and on the page. We'll hold **yoga postures** and **encourage the hidden writer** to emerge. We'll try new ways of engaging both **muscles and mind**, in a respectful and safe environment.



Suitable for anyone who wants to encourage their creativity and their energy to flow!

Anthea Browne is a longtime yoga instructor with a passion for writing. Julie Paul has been writing and teaching writing for many years, and she loves to facilitate peoples' journeys to expression.

Where: BASE Lounge, 1303 Broad Street, Victoria BC

Cost: \$70 before May 1st; \$80 after.

Contact: Anthea at peaceinpresence@gmail.com or call: 250-208-0300