

YOGA

- Meditation with singing bowl
- Introduction to exclusive Progressive Yoga technique: A product of Adam Quang's 23 years of teaching experience and *HIIT research.
- Principles of building body strength and flexibility using Progressive Yoga technique. You'll cut your workout in half.
- Introduction to Restorative Yoga.
- Relaxation techniques.

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Come share stories, smile and meet new friends.

RELAX &
BE
HAPPY.

”

**ADAM
QUANG**

Enjoy unwinding and meet the incredible yoga instructor Adam Quang. Learn about Adam 23 years teaching experience, his new book Secret Journal of a Yogi, 1000Kindness international installation art and World Karma project.

adamquang.com

FRIDAY

1:00 Lite lunch / free time
15:00 Progressive and Restorative yoga
19:00 Dinner
21:00 Meditation with singing blow
21:30 – 22:30 Free time

All inclusive: yoga / accommodation / food (excludes: alcohol)

Optional: One on one therapy available
Neck / shoulder / back relieve



This is a great opportunity to just surrender to yourself and take in this beautiful, quiet, majestic of nature. (no computer)

07:00 Meditation and yoga
08:00 Breakfast NO SPEAKING
09:00 Free time, relax (NO SPEAKING)
11:00 Silent END
12:00 lunch / free time

15:00 Progressive and Restorative yoga
17:00 Free time, relax / Private therapy (optional)

19:00 Dinner / eat drink and be merry
21:00 Meditation with singing blow

SUNDAY

08:00 Meditation and chair yoga

–FREE AT LEISURE

08:00 Breakfast
11:00 Clean up and Checkout

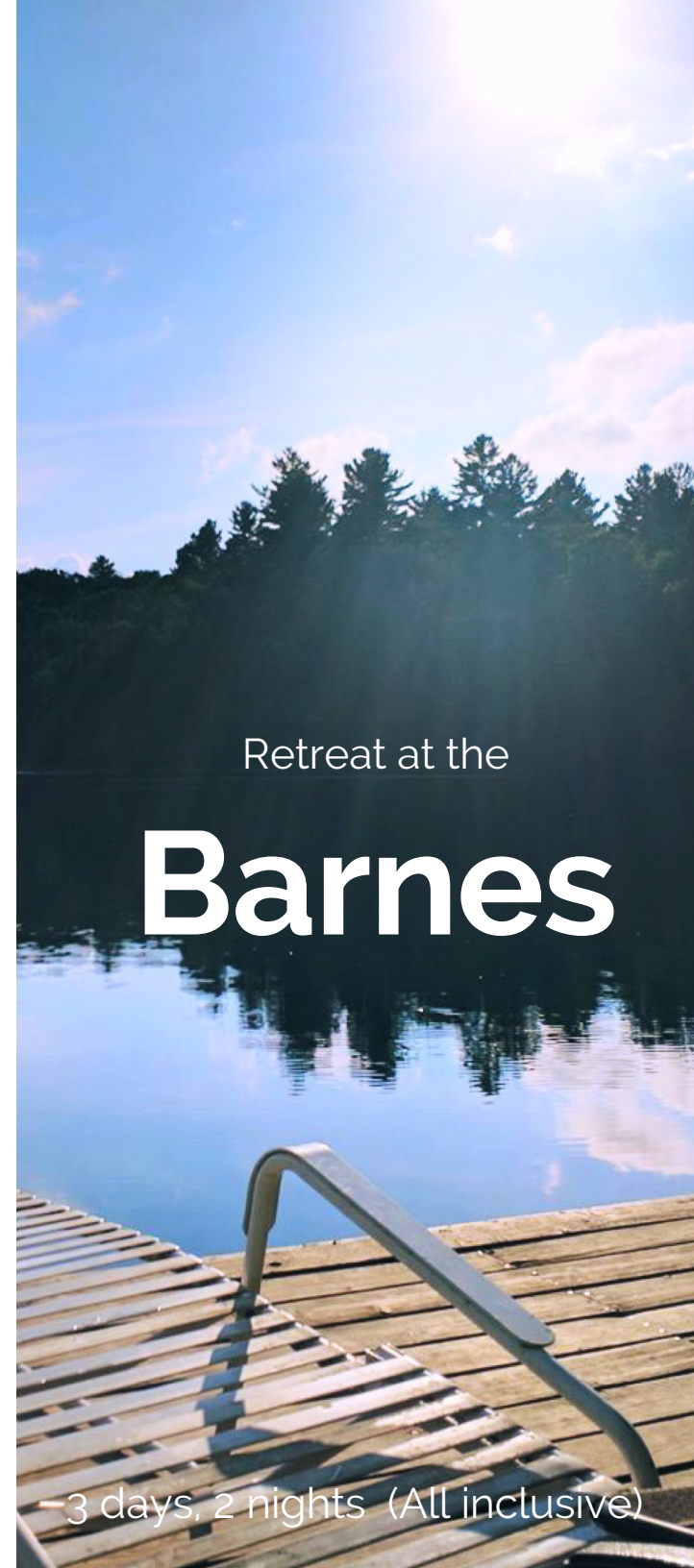
Retreat END

CONTACT

info @ adam quang .com

Tory Hill, Ontario, Canada.

SATURDAY



Retreat at the

Barnes

–3 days, 2 nights (All inclusive)