

FRIDAY

Welcoming

19:00 Eat, drink and be marry

Note: Food and drink will be extra / share at cost

Optional:

One on one yoga .therapy is available:
Neck / shoulder / back relieve.



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

08:00 Meditation [30min]
09:00 Breakfast NO SPEAKING
11:00 Silent END

12:00 lunch / free time
15:00 Progressive and Restorative yoga
16:00 Free time
19:00 Eat, drink and be marry

SATURDAY

SUNDAY

-FREE AT LEISURE

08:00 Breakfast
11:00 Clean up and
Checkout

Retreat END

CONTACT

info @ adam quang .com
Tory Hill, Ontario, Canada.



Retreat at the

Barnes

Oct.20 to 22 2017

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.

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**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