

The Yoga of Grace and Strength

A 3-day Spring Yoga Retreat with George McFaul and Laurie Montemurro
at beautiful Mount Engadine Lodge

March 11 - 13, 2005
Friday Evening to
Sunday Afternoon



Cost: \$395/person
includes 3 days of yoga classes
with Laurie and George,
2 nights sumptuous
accommodation and
gourmet vegetarian
meals

Develop the natural integration of Grace and Strength that is inherent to yoga practice. Whether you are looking to deepen a mature or beginning Yoga journey you'll find that Laurie and George blend the joy of physical asana practice with the spiritual contentment of meditation, breath awareness and chant. Throughout it all is the awareness of a greater being guiding and nurturing us to a larger life.

Laurie has spent her life immersed in movement. Dance, skiing, massage, cycling and yoga all feed her awareness of the joy found in physical practice. She shares this joy through her work as a dancer and yoga teacher. Her classes meld grace, strength and humour to develop physical self-awareness.



George has taught Hatha Yoga professionally since 1995. He is on the faculty of the internationally renowned Donna Farhi Advanced Yoga Studies Program. Certified by the Yoga Association of Alberta, he has an honours BA in Eastern Religions. He teaches local and international classes, retreats and workshops.

Partners in Love, Life, Children and Yoga, George and Laurie combine their teaching in this intimate retreat setting to nurture our natural balance of grace and strength.

Mount Engadine Lodge is located in the heart of Kananaskis Country, 40 km south of Canmore. All rooms are furnished with down comforters, linens and towels. Price includes single or double accommodation with shared bathroom and shower facilities. Cabins and suites with private bathrooms are available at a slight additional cost. Please inquire. There are no in-room telephones, computer jacks or televisions. The wood fired sauna and hot tub await you after your yoga class!



Breakfast, Afternoon Tea and Dinner are served in the dining room of the main lodge. A 'portable' lunch is available for afternoon outings. All are healthy and delicious bountiful gourmet meals with bread, desserts and baked goods made fresh each day.

Massage therapists will be available for booking at preferred rates.

Registration is limited to 20 participants.

**For information/registration contact: George/Laurie ph: (403) 932-6485 e: gmcfaul@shaw.ca
web: <http://members.shaw.ca/gmcfaul/> or
Engadine Lodge ph: (403) 678-4080 web: <http://www.mountengadine.com/>**

