

Sparkling Hill Spring Renewal Yoga Retreat

WITH GEHA
GONTHIER



The Details:

WHEN: April 11 to 14, 2013 (4 days and 3 night)

WHERE: Sparkling Hill Resort and Spa (<http://sparklinghill.com/>) located outside of Vernon, just a 20 minute drive from the Kelowna airport

WHAT IS INCLUDED:

3 nights in one of the standard rooms each one with a crystal fireplace and bathtub overlooking the lake or the hills

3 European style breakfast buffets - with original fresh juice and herbal combinations and home baked treats

3 two-course dinners

1 \$50.00 voucher for the Kur Spa - it can be used toward any treatment offered (<http://sparklinghill.com/treat-yourself>)

2 daily yoga sessions - energizing in the morning, meditative in the afternoon. We will also leave time in the afternoon to address various questions you might have regarding nutrition, yoga, and lifestyle. There are Manduka professional yoga mats available on site.

Access to the 7 unique aromatherapy saunas and steam rooms, indoor pool complete with underwater music and crystal sky, hot tub, outdoor infinity

pool, Kneipp water therapy, fitness studio, tea and serenity relaxation rooms

RSVP: info@wellnessonwhyte.com
780-437-9355(well)

Investment:

Single Occupancy \$888.00 +Gst

Double Occupancy \$688.00+Gst

A deposit of \$100 is required by March 22 to confirm your spot. After March 22 the full price will be required to confirm your reservation.

Transportation: Guests are responsible to arrange their own transportation to Kelowna. For those choosing to fly, the cost for round trip flights are \$377.21 including taxes per person. We have the following options through Westjet: (<http://www.westjet.com/guest/en/home.shtml?sessionId=kQSrQ5hdTKxmJF1rLIKsQQx1LQ90CL3N9JmTWsfRfT7WL7pZqjz!-1658642012>)