



Yin & Yang Yoga Retreat in Bali

@ the Yoga Barn in Ubud, Bali | theyogabarn.com

with **Cheryl Uphill**



With 25 years of competitive Sport Karate, Cheryl brings enthusiastic passion to any class she teaches with an internal grounded balance and determined focus. Just as Karate was a way of life for Cheryl then so became the healing practice of doing yoga and teaching the mind, body, approach. Certifications include; 200hr Hatha in Anand Praksh, Rishikesh, India and 500hr Yoga Therapy in Hamilton Ontario, Hot, Yin, Restorative, Chronic Pain Management and Thai Yoga Massage.

Please visit www.UphillAllTheWay.ca for more info about her intuitive body work.



cheryluphill

June 9–15, 2016 | Cost: \$1650 USD, plus tax
**Includes: Shared 2-guest room, two yoga classes
+ two meals per day** (Flight not included)

Separate travel arrangements can be made with Sharon Smyth at WD Travel: sharon@wdtravel.com

Early bird pricing: Sign up by March 9 and receive \$100 off plus a 60 min yoga therapy session or a Theta/Reiki healing

Register by email: cuphill@telus.net | www.UphillAllTheWay.ca



Yoga with co-teacher, **Ainsley**

Ainsley is a Yoga Master, Theta Healer, Reiki Practitioner, TV Producer and Host of Rogers TV's La Vida Yoga with Ainsley and Health Matters, Lole Women Ambassador, and founder of YellowYogi.com.

www.ainsleymagno.com