

Yoga Retreats at Ste. Anne's Spa

September 11, 2013



GRAFTON, ON ([RPRN](#)) 09/11/13
— Ste. Anne's Spa, voted Canada's Favourite Spa for 7 consecutive years, is pleased to announce our first 2-Day Yoga Retreat this upcoming October 29th – 30th, 2013. During the retreat, participants – whether beginners or those more

advanced – engage in 4 yoga wellness practices including: Yoga Nidra (yogic sleep), [Yoga](#) (vinyasana, asana, pranayama and sivanasana), Stretching (flexibility and range of motion) and Meditation (guided).

More than a spa experience, Ste. Anne's Spa Yoga Retreat will enable one to get in touch with their inner self and guide them in understanding the importance of a clear connection between body, mind and heart to live a truly healthy, sustainable and inspired life.

Featured Instructor

Jenn Hall is Ste. Annes' Wellness Coordinator and brings over 12 years experience in the health and fitness industry to our spa. Jenn is a certified Personal Trainer, Group Fitness Instructor, and Yoga Teacher, specializing in Hatha, Vinyasa Flow, and Gentle Yoga. Her personal teaching style is light-hearted, compassionate, full of options and fun, and encourages all students to explore their own bodies and needs as guided by their personal abilities. Jenn is thrilled to be offering Yoga Retreat packages at Ste. Anne's and hopes to provide an opportunity for guests to explore their own unique journey into yoga and meditation.

Our Yoga Retreats can now be booked for \$795* per person and includes 2 nights [deluxe accommodation](#), 3 group meals per day, snacks, 3 guided walks, \$240 spa allowance, complete use of the [facilities](#), reusable spa bag & slippers and use of Ste. Anne's signature robe. Yoga mats, blankets, yoga props, pillows and eye pillows will be provided for guests during the retreat's yoga classes.

For more information on the Ste. Anne's Spa October Yoga Retreat please visit <http://www.steannes.com/yoga-retreat.html> or contact Wanda Hoehn at 905-349-3704 ext. 2007 or by email at wanda.hoehn@steannes.com. To register for the program, call 888-346-6772.

* Plus HST based on double occupancy. Maximum number of participants per retreat is 15.

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About the author:

Since 1985, Ste. Anne's Spa has catered to the needs of its guests by creating an inviting and comfortable environment that focuses on rejuvenating your body and soul. The Main Inn and Ontario Spa Cottages are nestled across over 400 acres of scenic, rolling countryside; each uniquely appointed accommodation features its own style and amenities. More than 35 rejuvenating spa treatments revitalize and soothe the senses while our culinary team creates scrumptious cuisine which delights the palette.

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