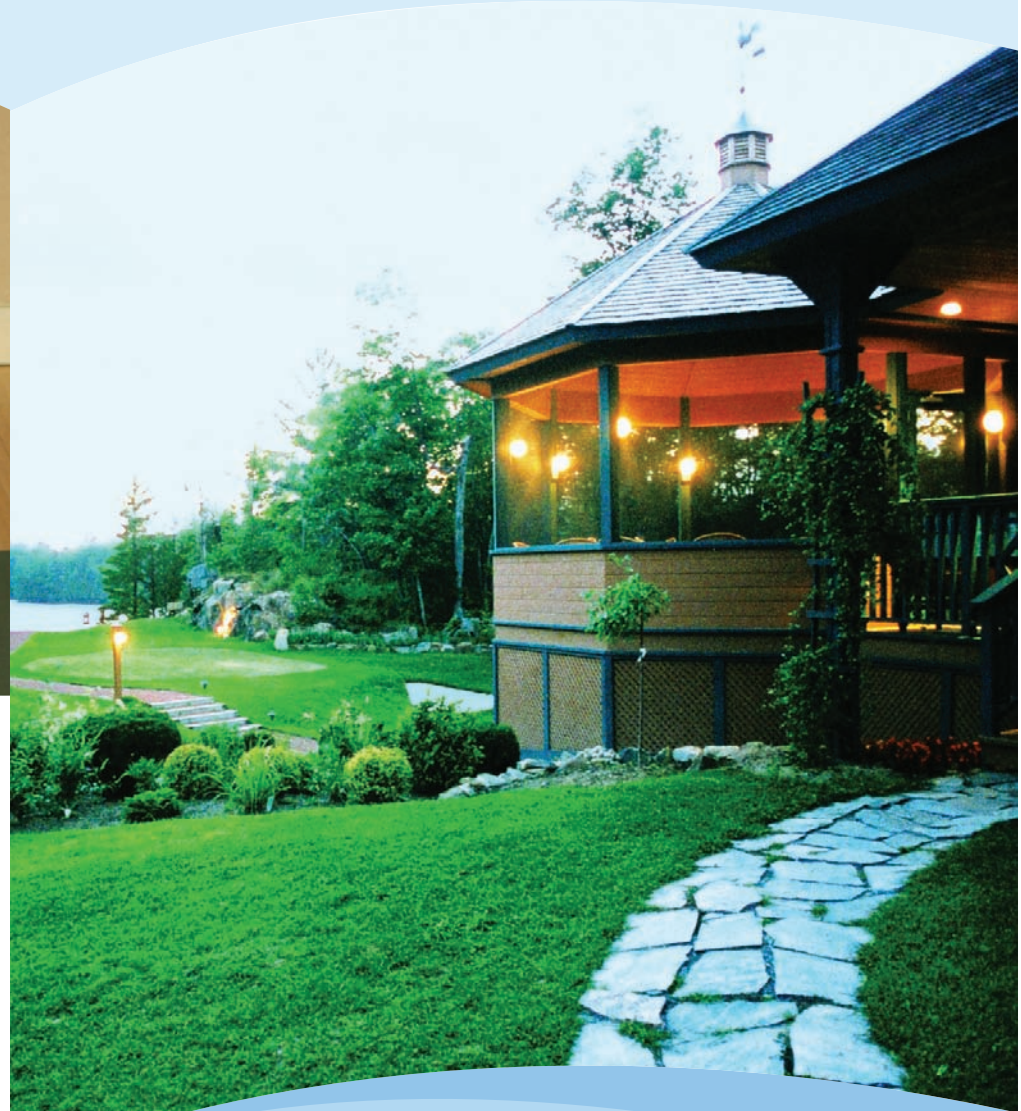


Join Us
Friday October 3 - Sunday October 5

Finally...
the escape you've been waiting for.



The Inn at Manitou offers an extensive range of activities which include tennis, fitness, mountain biking, boating, guided nature walks and more. Enjoy an outdoor heated pool, hot tubs and full range of spa services (additional fees apply). The Ridge at Manitou Golf Club is a spectacular course from world famous designer Tom McBroom (green fees extra).

Don't miss this marvellous opportunity for a luxurious weekend of yoga and so much more!

Cost: \$1600.00 p.p. + taxes.
20% savings for double occupancy.
Full payment must be received no later than September 25th.

Please call **yoga plus...** at **416-322-9936**
and speak with Carolynne or Jolie for more information
or to make a reservation for this unique opportunity.
www.yogaplustoronto.com

Join Carmela Savoia
and Michael Siddall of

yoga plus...

for a five star weekend
at The Inn at Manitou.

Your ★★★★★ all inclusive weekend at the Inn at Manitou.



Join Carmela Savoia and Michael Siddall of Yoga Plus for an elegant and intimate weekend of yoga and an extensive range of activities at the gem of the Paris-based Relais & Chateau group of hotels and inns.



The Inn is nestled on the shores of beautiful and unspoiled Manitouwabing Lake, just over two hours north of Toronto, east of Parry Sound. Its 34 rooms offer charming, stylishly decorated accommodations in a range of elegantly furnished sizes in beautiful natural surroundings, many with spectacular views.



The French kitchen of 11 chefs has earned recognition for the Inn worldwide as one of Canada's top

gastronomic destinations. The Inn dining room offers everything from gourmet French to healthy spa menus. All of your dining requirements will be handled tastefully and professionally.



Throughout the weekend, you will have the opportunity to enjoy Ashtanga yoga classes with Carmela and Anusara-Inspired yoga classes with Michael, in addition to guided relaxation (yoga nidra) practice. Carmela and Michael bring over 40 years of yoga experience between them as they welcome you to a wonderful weekend of yoga with classes on Friday evening before dinner, Saturday at 9:00 am and in the late afternoon, as well as Sunday at 9:00 am.

