



Still Growing

March 1 - 8, 2025

Join Cindy on this adventure with other beautiful, soulful women, as you grow through, and with nature. You will be nurtured in warmth, love, connection, and compassion ~ with a wee bit of fun on the side! This retreat will offer you many opportunities to connect or simply to rest and restore in the most beautiful surroundings of lush gardens and rainforest, with the back ground of waves on the beach

Included in the retreat:

- 7 nights accommodation in a serene mature setting
- Delicious and healthy meals
- 2 yoga practices a day (hatha, vinyasa, and restorative)
- Daily Meditation
- 1 Excursion
- Beach fire and drumming Ceremony
- Women's Circle for connection and well being
- Airport Transfers (with minimum of 10 participants)
- Swag Bag and so much more

This will be a small intimate retreat with a maximum of 10 participants

Retreat Leader Cindy Logan

Cindy opened her home studio "Homeland" in Bobcaygeon in 2021.

She is currently a E-RYT 200 and RYT -500 with many more certifications in Yin, Restorative, Chair, Myofascia Release, VINYASSA, Yoga NIDRA, and more. She has fulfilled a dream of hosting retreats in Bobcaygeon and also other Ontario retreat locations. She is looking very much looking forward to taking her energy and light out internationally.

Prices Starting at \$2220 USD



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