



arrive
YOGA
& mindfulness centre

NOURISHING YOUR NERVOUS SYSTEM: A FALL RETREAT AT RIVERSOUND

with Lisa Silverstein & Kristin Honey

Where: 8218 Wellington Rd. 18, Fergus
When: Sunday Sept. 30th, 10am-4:30pm
Cost: \$90 + hst

arriveyoga.ca

519.767.1041 | info@arriveyoga.ca

Recharge with a full day of movement, meditation, food and presence in this beautiful studio set on the banks of the Grand River. An invigorating morning practice will awaken your senses through meditation, reflection and movement followed by a sweet wholesome nourishing lunch made with love. The afternoon will offer a more introspective, restorative practice with time for reflection and perspective to round out this day of re-treat.

We welcome people with all levels of experience.

LISA brings decades of experience to her teaching. She is certified through the Kripalu Centre, Esther Myers Studio and a recent graduate of Chakra teacher training through Sacred Centers in California. A recent sabbatical took her to India where she immersed herself in the traditional teachings of yoga.

KRISTIN has been practising and teaching yoga for more than 18 years. Her teaching is rooted in her own experience, including influences from Iyengar and Astanga yoga, and Buddhist meditation traditions. Her classes include functional and somatic movements, alignment and methods that encourage us to be real and arrive just as we are in our bodies, hearts, and minds.

