

A Retreat
**MIDDLE BEACH
LODGE TOFINO**
APR 26th-April 28th, 2013

Join [Angela James](#) & [Dorothy Price](#)
on the beach, for one of these
wonderful weekend getaways at
[the Middle Beach Lodge, Tofino](#)

This beautiful place is a yogi
and runner's dream, with
lovely accommodations and
spectacular ocean views

Price and discount:
\$575 per person- Shared
\$675 - Private

•For early-bird
sign-up before
Jan 31 2013, there
is a \$75 discount

*Price includes all
meals and
accommodation.
Ocean view rooms
on a first come
first serve basis*

Chi RUNNING & Yoga



Angela James is a world traveler and a strong proponent of health and wellness. She loves nothing better than to find new locations to exercise in beautiful natural settings.

She was the first coach for the Leukemia and Lymphoma Society's Team in Training program who subsequently created the Angela James Spirit Award in her honor. In 2009

Angela became the first Certified Chi Running/Walking Coach in Vancouver, BC. With a background in nursing, Angela is excited about having found a way to run pain and injury free while reaping the mental and physical benefits of regular exercise. Combining her passion for travel with the joy she gets from exercise, Angela is excited to offer her ChiuRunning/Walking programs.

To contact Angela:
Phone 604.351.1140 or email @
www.angelajames.com

Dorothy Price is an experienced yoga teacher with close to 2000 teaching hours, Dorothy consistently provides thorough, knowledgeable, and compassionate teaching as well as inspiration for living well and making healthy lifestyle choices. She invites you to join in a rejuvenating retreat and deepen your practice whether a beginner or experienced yogi.



As founder of Santosha Retreats, she has been dedicated to providing safe and beautiful havens for recharging the spirit, connecting with nature, yourself and others, and of course, having fun!

To contact Dorothy:
Phone 1 (250) 537-7675 or email @
www.santosha-yoga-retreats.com

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