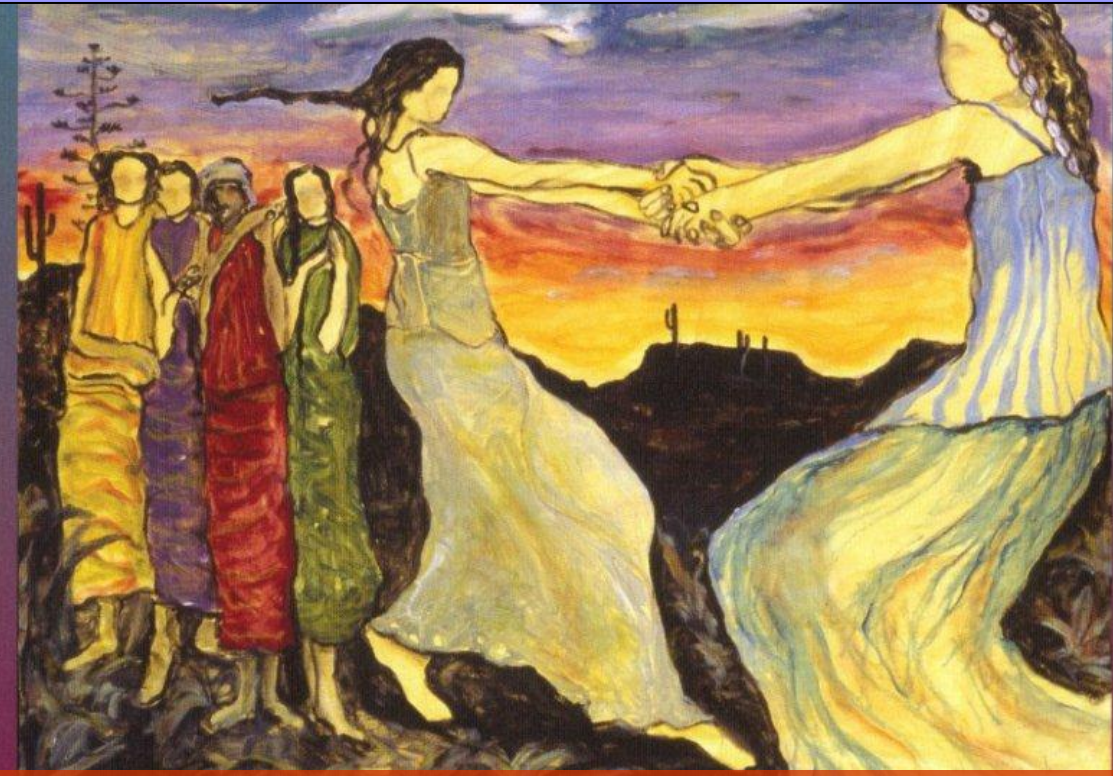


~ The Science & Spirit of Menopause ~
Women Embracing Change



Join Naturopathic Doctor Barbara McKinstry and
yoga teacher Jill Davey on

Sunday January 23rd

9:45 – 4:30

at RiverSound Retreat on the Fergus Grand River

~

This daylong retreat nourishes body, mind and spirit with
yoga, self-exploration, creativity, nature, community and teaching
(pre, peri, post menopause – herbs, hormones, homeopathy, diet...).

~

\$80. including vegetarian lunch.

~

Pre-Register with Jill at 519-843-5900 or jill@rasayana.ca
www.docbarb.com & www.rasayana.ca