

### PRIVATE MINI-RETREATS • OTTAWA

## THE YOGA DU JOUR • \$

60-min. Hatha practice

OR

45-min. Hatha practice + 15-min. guided meditation \$275 for groups of up to 12 (+\$25 for each additional guest)

### THE YOGA PAIRING • \$\$

90-minute Hatha practice

OR

60-min. Hatha practice + 30-min. mindfulness workshop & guided meditation \$325 for groups of up to 12 (+\$30 for each additional guest)

## THE TABLE D'HÔTE • \$\$\$

60-min. Hatha practice + 60-min. mindfulness workshop & guided meditation

OR

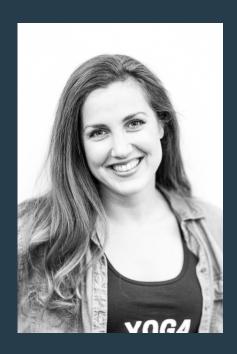
90-min. Hatha practice + 30-min. mindfulness workshop & guided meditation \$375 for groups of up to 12 (+\$35 for each additional guest)

Menu offerings are uniquely tailored to party's skill level and interests.

Custom selections available upon request.

\*Includes event coordination with vineyard. Vineyard tour/wine-tasting fees not included.

## About your Hostess



Creator of Ottawa-based YogiWino and mother of two, Janine Hogg is a certified life coach (CCF), Registered Yoga Teacher (200hr) and trained facilitator with a background in public communications and marketing.

She is inspired to help women build fulfilling lives through enriched self-awareness, deepened connection and barrels of fun.

www.yogiwino.ca

# Affiliate Wineries & Vineyards

#### OTTAWA/GATINEAU REGION

Blue Gypsy Wines - Oxford Mills, ON
Domaine Perrault Vineyard - Navan, ON
Green Gables Vines - Oxford Station, ON
Jabulani Vineyard & Winery - Richmond, ON
KIN Vineyards - Carp, ON
Smokie Ridge Vineyard - South Mountain, ON
Vignoble Clos du Vully - Navan, ON

### **EASTERN ONTARIO / WESTERN QUEBEC**

Potter Settlement Artisan Winery - Tweed, ON R.A.D. Vineyard - Alexandria, ON Scheuermann Vineyard & Winery - Westport, ON Stone Crop Acres Vineyard - Morrisburg, ON Stonehouse Vineyard - Alexandria, ON Sugar Woods Farm - Wolfe Island, ON Vankleek Hill Vineyard - Vankleek Hill, ON

Looking at another vineyard? Reach out to me!

Connect

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@YogiWino



@TheYogiWino