

YogiWino à la carte

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

info@yogiwino.ca
613-899-6726



@YogiWino



@TheYogiWino