

YogiWino à la carte

PRIVATE MINI-RETREATS • OTTAWA

THE YOGA DU JOUR • \$

1-HR yoga practice

OR

45-min. yoga practice + 15-min. guided meditation

\$325 for groups of up to 10 (+\$35 for each additional guest)

THE YOGA PAIRING • \$\$

90-minute yoga practice

OR

1-HR yoga practice + 30-min. mindfulness workshop & guided meditation

\$400 for groups of up to 10 (+\$45 for each additional guest)

THE TABLE D'HÔTE • \$\$\$

1-HR yoga practice + 60-min. mindfulness workshop & guided meditation

OR

90-min. yoga practice + 30-min. mindfulness workshop & guided meditation

\$475 for groups of up to 10 (+\$55 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 applicable (pricing varies by venue).*

About your Hostess



Creator of Ottawa-based YogiWino and mother of two, Janine Hogg is a certified life coach (CCF), Registered Yoga Teacher (200hr), trained facilitator and Reiki practitioner 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
Vignoble de Chelsea - Chelsea, QC

EASTERN ONTARIO / WESTERN QUEBEC

Fernwood Estates - Bainsville, ON
Potter Settlement Artisan Winery - Tweed, ON
R.A.D. Vineyard - Alexandria, ON
Scheuremann 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
Vignoble Ste-Angélique - Papineauville, QC

*Looking at another vineyard? Reach out to me!
I've got friends in Prince Edward County too! ♥*

Connect

info@yogiwino.ca
613-899-6726



@YogiWino



@TheYogiWino