

A black and white photograph of a person sitting in a meditative pose on a large, dark rock formation. The person is wearing a dark tank top and shorts, and is looking towards the left. The background shows a steep, rocky cliffside under a bright sky.

Rediscover : Reinspired

A chance to get away, connect with nature, and discover new aspects of your practice.

Join Tina Templeman & Kenny Landis for an all inclusive weekend of dynamic yoga, nature, and local organic dining nestled in the North Cascades.

Weekend Line Up Includes:
New Perspective Flow
Candlelight Vinyasa
Breath Work & Yin
Dynamic Flow
Nature Hike

Contact Us to Join

206-310- 5119

www.bodyharmonyllc.com

All levels welcomed to come play!

North Cascades Institute in Sedro-Wooley, WA

\$450 - 4 yogis
Community Room

\$480 - 2 yogis
Double Room