

a RETREAT — July 23, 24, 25
Monkey Valley Retreat Centre, near Merritt

Chi & RUNNING & Yoga

You are invited to
a retreat with

Angela James
& Karen Rempel

— to a special place
of quiet and solitude,
where age old wisdoms
combine to enhance
physical and emotional
wellbeing

— a place where
Chi Running & Yoga join
forces to strengthen the
body and uplift the spirit



For more information
please contact:

Karen: 604.251.6337 —
kyrempe@gmail.com
www.bcwildernessvisions.com

Angela: 604.351.1140 —
angelaj@angelajames.com
www.angelajames.com

Learn to run free of injury!
Learn to run effortlessly!
Learn to be energy efficient!
Learn how to create the conditions
for Chi Energy to flow