RETREAT— July 23, 24, 25

Monkey Valley Retreat Centre, near Merritt

RUNNING X

You are invited to a retreat with

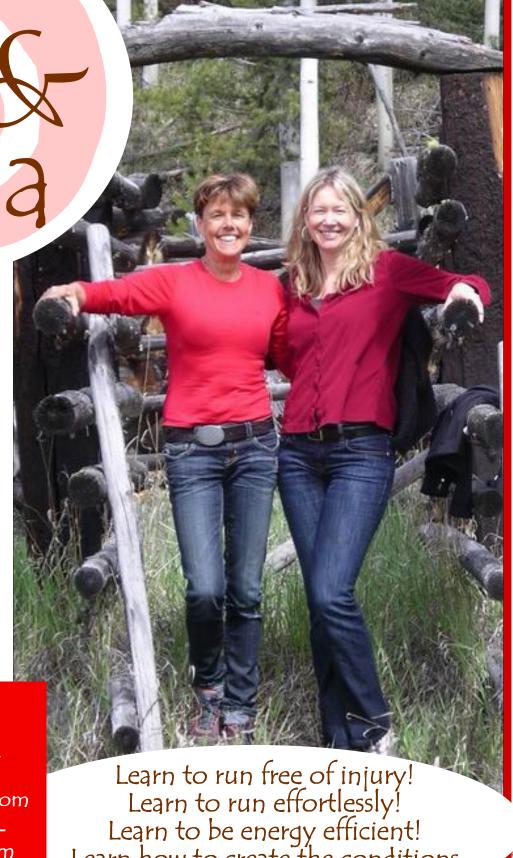
Angela James « Karen Rempel

— 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 kyrempel@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