

'I went to the woods because I wished to live deliberately, to front only the essential facts of life, and see if I could not learn what it had to teach, and not, when I came to die, discover that I had not yet lived.'

-Henry David Thoreau



THE RAPHAH RETREAT

Contact

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A restful weekend away to enjoy nature and feed your mind, body & soul

fortysix10fitness.ca

About Retreat

Imagine an entire weekend away to focus on your mind, body & soul. A time to relax, walk, to connect your movement with your breath during fitness classes. Study the book of Jude. Maybe even try a new activity! Psalm 46:10 says 'Be still, and know that I am God.'

The Hebrew word used in this context of 'Be still' is the word Raphah. I invite you to join me at Camp Evergreen near Sundre, AB. for the Raphah Retreat.



Weekend Includes:

2nts shared accommodation in cabins

all meals and snacks

5 fitness classes, nature walks,
ice skating

DVD study sessions, evening campfire

Teacher



Lisa Baerg

Certified Teacher of:
Holy Yogalates
Holy Yoga with Weights
YogaBody Trapeze

This lifestyle has changed me and I love to share the things I've learned with other women. My goal has always been for functional fitness - balance, strength & flexibility. Not looking for a quick fix, but rather a life transformed from the inside out. I would love to be a part of your journey. Your health is worth it!

Class Options at Retreat:

Yogalates

Evening Relaxation

Yoga with Weights

Trapeze

March 10 - 12, 2023

Friday -7pm Arrive at Camp Evergreen,
evening class

Saturday - 3 different classes, free time,
nature walk, campfire

Sunday - morning class,
12:30pm depart Camp Evergreen

Camp Evergreen is a 1hr15min drive
from Calgary, located near Sundre, AB

Transportation not included

Register at
fortysix10fitness.ca

