



**YOGA
MADE FOR
RUNNERS**



MIKE DENNISON'S

TRAIL RUNNING, HIKING & YOGA CAMP

AUGUST 11 – 14, 2011
(THURSDAY – SUNDAY)

CAMP SETTING

The camp will be held at the beautiful and rugged Sea to Sky Retreat Centre, 23 kilometers south of Whistler, B.C. and 33 kilometers north of Squamish. It is easily accessible by car from Highway 99, the main artery linking Vancouver and Whistler.

WHO CAN PARTICIPATE

The camp is for those who love trail running, hiking, yoga and swimming in a glacier-fed lake on a hot summer afternoon. During our long weekend, we'll take advantage of the spectacular terrain near Daisy Lake and the surrounding Garibaldi Provincial Park.

WEEKEND ACTIVITIES

- Three nights and four days at the camp (arrival late Thursday afternoon; activities finish by early Sunday afternoon)
- Three vegetarian meals per day on Saturday and Sunday, with dinner on Thursday and breakfast on Sunday
- Guided trails runs and hikes through stunning mountain settings
- Runners' yoga classes on Friday and Saturday
- An introduction to the dynamic warm-up
- Movie night with inspirational documentaries on running
- Camp participation and training advice from two-time Olympic marathoner Bruce Deacon

FACILITIES & ACCOMMODATIONS

The SSRC consists of a main lodge, a retreat house, two private cabins, the Pavilion, as well as other assorted buildings and lodging for the staff.

Due to space limitations, we can accept a maximum of 20 people for the camp. If you'd like to attend, please register early!

OPTIONS & PRICES

Prices are all inclusive except for GST, which is additional.

Prices begin at \$550 (+ GST) per person based on shared accommodations.

Please visit www.mikedennisonyoga.com for complete price information.

PAYMENT

Your reservation for the camp can be secured with full payment by check or money order payable to Mike Dennison.

Please read the camp refund policy on my website before submitting registration.

ADDITIONAL CAMP INFORMATION

For details on accommodations, prices, directions, and the weekend's activities, please go to www.mikedennisonyoga.com and click on "Events"

Any questions? Please contact Mike at info@mikedennisonyoga.com