

Yoga and the Zen of Winter

By Northern Edge Algonquin

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Yoga based, eco-adventure, winter vacations on the edge of Ontario's Algonquin Park

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South River, ON, Canada – Imagine yourself, this winter looking out over a frozen lake at the head waters of Algonquin Park, surrounded by snow covered hills, hearing only the whispering of pines during this years winter vacation. This northern Ontario, Canada setting offers peace and tranquility, the perfect location to seek the balance of yoga, nature, and adventure.

On the shores of Kawawaymog Lake, Northern Edge Algonquin's ecological retreat centre offers a variety of outdoor winter activities to compliment instructed yoga sessions. Participants are invited to cross-country ski, snowshoe, skate on the lakes and in the bush, and enjoy remote sauna visits on the edge of Ontario's oldest and most famous provincial park, Algonquin.

Northern Edge Algonquin strives to provide each of our winter participants with the unique opportunity to experience an authentic eco-adventure vacation when staying at our solar powered eco-lodge, viewing the region's natural wildlife, each day enjoying organic and local gourmet fare, and all the while understanding the local ecosystem and our impact on the environment.

All of Northern Edge Algonquin's programs include accommodation in locally, handcrafted stone and wood cabins that offer a warm and relaxed atmosphere, as well as mouth-watering, meals created with wholesome organic and local ingredients. Northern Edge Algonquin specializes in vegetarian, vegan and other unique dietary choices and needs.

For the first time Northern Edge Algonquin has combined the ease of yoga with the excitement of a dog sledding adventure. Enjoy yoga twice daily and try your hand at "mushing" your own trained team of huskies! This historic and adventurous winter sport provides our participants with an exciting vacation thrill; few have the chance to enjoy.

Experience the magic of the Canadian winter while connecting with nature and rediscovering yourself and friends. Northern Edge Algonquin offers two, four day winter yoga programs titled 'Yoga and the Zen of Winter' (February 7-10) and for the first time, "Making Tracks: Yoga and Dog Sledding" (March 20-23). These programs also make an excellent gift. Travel to this remote destination is surprisingly easy by car, bus, train, or plane. If you are booking for yourself and another, receive 10% off the advertised price of \$697.00 + tax.

To contact Northern Edge Algonquin call 1.800.953.3343 or email northenedgealgonquin@gmail.com

To view photos of the Northern Edge facility and receive more program info go to:
<http://www.northenedgealgonquin.com/yoga-retreats-ontario.html>

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