

# INNER RHYTHMS

## Summer Women's Weekend Retreat

with Joan Casorso **July 10, 11, & 12, 2009**  
**Djembe Acres, Gardom Lake, BC**

**Relax, Revitalize & Refresh** with the rhythms of drum and dance interwoven with yoga, reflexology and self care

Have fun,  
connect & enjoy

- good organic food
  - good company
  - the waters of Gardom Lake & the Shuswap River at beautiful Djembe Acres Summer Retreat.
- ( Djembe Acres is located 15 minutes South of Salmon Arm)



*Whitehorse, June 2007*



**Joan Casorso** of Kelowna, BC, brings over 25 years of teaching experience, along with the development of the **Inner Rhythms** Teaching Methodology System.

Inner Rhythms encompasses drum, dance, rhythm based communication activities, "Yoga Plus", community building and body/mind health.

Whether for personal growth, professional development or for sport enhancement, Joan's gentle and informative approach allows participants to relax and open to their own potential.

Cost for Inner Rhythms Weekend Retreat:  
**\$275** plus food & lodging

For registration form & more information,  
**contact: Joan Casorso (250) 862-9724**

email: [joancasorso.innerrhythms@shaw.ca](mailto:joancasorso.innerrhythms@shaw.ca)

or **Louise Poole – Calgary (403) 270-7871**

email: [davidthiaw@shaw.ca](mailto:davidthiaw@shaw.ca)

**Djembe Acres – (after July 1st) (250) 803-0029**

**Register early! Space is limited to 15.**

– Payment plan available –

