

# LOLÈ WELLNESS WEEKEND

JAN 24 - JAN 26, 2020



## FRIDAY 24

7:00pm-  
10:00pm

### Sign In & Registration for Optional Activities

Beauvert Ballroom  
Food & wine welcome reception  
(menu to be posted soon!)

## SATURDAY 25

8:00am-  
9:30am

### Greet the Sun Flow Session

With Instructor and Lolè Ambassador  
Terry Olsen

11:30am-  
12:30pm

### Optional Activities\*

1:30pm-  
3:00pm

### Yin from the Heart

With Instructor and Lolè Ambassador Marla  
Pollock, accompanied by Rachel Nelson's  
'Conscious Soundscapes'

5:00pm-  
6:30pm

### Vino Vinyasa

With Instructor and Lolè Ambassador  
Steph Sophocleous and beats by DJ Frazzle

## SUNDAY 26

8:30am-  
10:00am

### Strengthen & Lengthen

With Instructors and Lolè Ambassadors  
Tracy Garneau & Jenna McGrath

### Farewell Meditation Circle

In order to have all sessions start on time please  
arrive 15 minutes early

\*optional  
activities

### Snowga

With Jenna McGrath & Steph Sophocleous, sign up at  
event

### Tromp in the Woods

With Tracy Garneau, sign up at event

### Beaded Wrist Wrap Making Workshop

with Marla Pollock | (\$25 limited space) pre-register  
at Lolè Jasper 780-852-0403

**Booths:** Wildmoon Organics; Knotty Crafts by  
Kathryn Ball, malas by Marla; Lolè booth.

available  
saturday

### Reiki Sessions with Helga

Helga is a Reiki master based in Hinton, Alberta. She  
is the owner-operator of readings on this n that. Reiki  
is one of the healing arts with its roots in Japanese  
origin and describes the life energy that flows  
through all living things. Through the channeling  
of universal healing energy, sometimes by touch,  
to activate the natural healing process, Reiki helps  
restore physical and/or emotional well being.

**8 spaces available | 30 min session \$60 | book  
your session with Lolè Jasper at 780-852-0403**

available  
saturday

### Readings with Margo Sheldon

Clairvoyant, healer and mystic Margo Sheldon is  
internationally known and sought after. part of  
Margo's appeal is that her natural abilities coupled  
with well worn life experience, have kept her  
grounded, authentic and as real as any of us. This  
rare and wonderful balance means her sessions are  
in-depth, profound and insightful yet at the same  
time concise and to the point. Through Margo the  
readings she shares allow her clients to find a new  
and deeper understanding of themselves and their  
journey.

**7 spaces available | 30 min session \$75 | book  
your session with Lolè Jasper at 780-852-0403**