

# RESOURCE DIRECTORY

The Resource Directory is a seasonal insert featuring **Centres, Schools, Vacations & Retreats** 4 times a year.

Dimensions of ad are 7.25" wide by 2.25" high. Cost includes typesetting.



Proportional Representation, not actual size.

## Resource Directory Rates

1x	4x
\$180	\$160

Please add 13% HST.

## Published 4x per year

**SPRING** (March, April, May): **deadline January 22**

**SUMMER** (June, July, Aug): **deadline April 22**

**AUTUMN** (Sept, Oct, Nov): **deadline July 22**

**WINTER** (Dec, Jan, Feb): **deadline October 22**

**To Book A Resource Directory Ad Please Email**  
**jody@vitalitymagazine.com**  
**or call 416-964-0528 ext. 108**

# LISTINGS TEXT-ONLY ADS

Choice of three sections:

**Calendar of Events, Service Directory and Classifieds.**

Cost: **\$1.50 per word** plus 13% HST.

## Discounted rates:

Display and RD advertisers who book Listings in the same issue receive **50% off of the regular rate.**

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**seeta@vitalitymagazine.com**  
**or call 416-964-0528 ext. 102**

## SERVICE DIRECTORY

### RETREATS & VACATIONS

**HIDDEN BUDDHA HEALING CENTER:** Retreats, Retreats, Day & Weekend, Rishi, Maharishi, Health Coaching. Contact: Lida (416) 912-1721, www.hiddenbuddhahealingcenter.com

**SILENT MEDITATION RETREAT:** Choose from 2.5 nights (Dec 8 - 11), with Li Frost. www.sugargidgex.com

**WINTER HOLIDAY GETAWAY:** Escape the city! Daily yoga, meditation & yoga classes. Dec 15-22 and Dec 29-Jan 5. www.sugargidgex.com

**REJUVENATING YOGA WEEKEND RETREAT:** Relax after the holiday chaos and start the New Year refreshed. Jan 3 - 5, Sugar Ridge Retreat Centre. www.sugargidgex.com

**GET CLEAR ON YOUR YEAR:** Work Retreat. Start 2020 getting balanced, with a focused mind, and be clear on how you want to be your life. Jan 3 - 10, Sugar Ridge Retreat Centre. www.sugargidgex.com

**YOGA & SHI:** Address Your Stress Retreat. Learn to cope with stresses of daily life & have fun in the snow! Jan 10 - 12, Sugar Ridge Retreat Centre. www.sugargidgex.com

**GENTLE YOGA AND SHI ESCAPE:** A Weekend Retreat. The Yoga is gentle, the shi is country living in fun, and the food is delicious! Jan 24 - 26, Sugar Ridge Retreat Centre. www.sugargidgex.com

**RESTORATIVE YOGA AND MASSAGE RETREAT:** with Li Frost & Andrea Lupton. The massage happens during restorative yoga (90-120 decider!) This weekend is designed for you to relax and be nourished in mind, body and spirit. Jan 31 - Feb 2, Sugar Ridge Retreat Centre. www.sugargidgex.com

**MINDFULNESS BASED STRESS REDUCTION:** Week Retreat with Li Frost. Immense in practice and ditch your stress. Feb 2 - 7, 2020, Sugar Ridge Retreat Centre, for more info, visit www.sugargidgex.com

**YOGA, SHI & BUNBA:** A weekend of fun exploration Feb 7 - 9 with Li Frost & Shira. Sugar Ridge Retreat Centre. www.sugargidgex.com

**FAMILY DAY GETAWAY:** Feb. 14 - 17. An escape for the whole family. Sugar Ridge Retreat Centre, for more info, visit www.sugargidgex.com

**MINDFUL, HEALING, YOGA & MEDITATION:** Feb. 21 - 23 with Li Frost. Sugar Ridge Retreat Centre, for more info, visit www.sugargidgex.com

### HEALTH FOOD STORE

**HEALTH FOOD STORE:** In Hamilton established 1997. Sales \$500,000 per year. Located in Welland Clinic, with 2 practitioners. Newly renovated. Customer loyalty program. Owner retiring. Two year lease available at very low monthly rent. Inventory in \$60,000. Buyer pays \$60,000 for stock and all fixtures including POS system plus \$25,000 good will. Located on Hamilton Mountain in high traffic area. All financial statements available. Call Barry Goldstein at (905) 363-6767 or call (905) 741-6844.

**BUY / SELL:** FOR SALE: Norwalk Junior Model 270 \$2,200. Green Star Junior 3400, tan Chateau Aqua City Pool Series 11 8000. Contact: 416-933-9356.

**HEALTH PRODUCTS:** **COLLOIDAL SILVER GENERATORS:** Make your own fresh, high potency with our professional domestic and commercial colloidal generators. We supply large area electrodes of 99.99% pure silver, gold, copper, magnesium, zinc, iron, platinum, palladium, tin, titanium in 3 more... discount for promoters. Made in USA. www.bioenergy.com. (647) 478-6944 or 1-800-485-2022.

**FREE KANGEN WATER FOR THREE DAYS:** www.kangenpacthree.com, 2378 Silver Star Dr Toronto, Jan. 02 2020 for Winter Holidays.

**SPACE FOR RENT:** **BEAUTIFUL OFFICES:** Business Heating Air Conditioning, established 1983, offers a large range - 5000-20000 sq ft. Call or visit our website. Specializing in your driveway, open to all. For inquiries call at (416) 533-8777 or email info@torontobuilding.ca

**YOGA:** **SUNDELNESS:** A Kripalu Yoga Programme in Richmond Hill and Thornhill. Yoga Classes, Yoga Therapy, Retreats and 200- & 500-hour Yoga Teacher Training. www.sundelness.ca. (905) 770-9210.

**THERAPEUTIC YOGA:** focusing on Emotional and Chronic Release, Fertility and Prenatal. By utilizing the body-mind connection, the body allows a shifting of the emotional state for a renewed physical ability. Call at (905) 242-6871 or for details, visit www.nourishandheal.com

**YOGA PRANAYAM CENTRE:** Beginner and Intermediate Kripalu yoga - easy, effective, safe. 3460 Dundas Ave. West, Unit 10. Call (905) 881-7211.

## CLASSIFIEDS

### SPACE FOR RENT

**ELLEGANTLY FINISHED:** this modern space offers floor to ceiling windows, balcony living room space with open concept kitchen. Wheelchair accessible bathrooms & 1 large therapy room. Near Lightfoot Canal. Treats with availability Monday - Sunday part-time and full-time. Perfect for a psychotherapist or social worker, naturopath, or acupuncturist. Can also hold nutrition or cooking workshops. Please call Michael (647) 647-5768 or email michael@2020@gmail.com

**HIDDEN BUDDHA HEALING CENTER:** The Perfect Place to Host Your Retreat. Rental space for retreat leaders, year-round. Contact: Lida (416) 912-1721, Visit: www.hiddenbuddhahealingcenter.com

**NEW PSYCHOTHERAPY SPACES:** Beautiful building across from Allen Gardens - 120 Carlton at Jarvis. Six spaces available on full-time, part-time and occasional basis. For inquiries call at (416) 533-8777 or email at info@torontobuilding.ca

**PANDEVA PSYCHOTHERAPY SPACE:** Beautiful renovated offices available part-time and occasional. In contact with call at (416) 967-2205.

**VITALITY'S OFFICE WILL BE CLOSED:** From Feb. 02 - 20 2020 for Winter Holidays. Jan. 02 2020 for Winter Holidays.

**CHECK YOUR AD!** VITALITY MAGAZINE requires ADVERTISERS to check their ad before publication. We will NOT be responsible for notices that are necessary because of late submissions or if an advertiser fails to check in and is charged for an ad that is not published.

**Beautiful Offices!**

- Great Selection!
- Full Time, Part Time & Occasional Rentals
- Reasonable Rates
- Workshop Space Also

Stop! Want to Own a Subway? **416-535-8777**

**Toronto Building, Arts Centre**  
 www.torontobuilding.ca