



**Shanti Yoga Retreat,
Wolfe Island (across
from Kingston)**



**Weekend rate of \$325.00
per person (no HST),
includes shared
accommodation, four
vegetarian meals and
all sessions.**

**\$100 non-refundable
deposit due upon booking.
Balance due May 1, 2011.**

**Spaces are limited.
Please make sure to
book early to avoid
disappointment.**

Exploring Yoga
June 1-3, 2012
(No experience necessary)

If you've been practicing yoga for years but want to delve a little deeper, or if you're curious about yoga but have never tried it, this retreat may be for you. Join Kellie Dearman for a weekend of exploration into the vast, ever changing practice of yoga.

Over the course of the weekend, Kellie will provide background behind this ancient practice. Learn about yoga's origins and how we came to practice it in North America. Explore yoga breathing techniques (pranayama) and what their purpose is. Get practical information about meditation and ways to practice it. Ask questions and get involved in discussions about yoga with like-minded people!



Shanti's idyllic setting is perfect for a relaxing weekend of winding down. During free time you can relax at the waterfront, explore beautiful Wolfe Island or take a Thai Massage from owner Darin Madore (extra charge). Take advantage of Shanti's new ultra-violet cedar sauna! Do as much or as little of the structured retreat as you like on this relaxing but information filled weekend!

Kellie Dearman has been teaching yoga for seven years. Her gentle style incorporates mindfulness and awareness of the breath in every pose. Her students range in age from 8 to 85. She is adept at providing ample variations and health suggestions to make the work accessible to everyone. She cordially invites you to join her for this weekend of yoga.

**To book or for more information contact:
Kellie Dearman
At 613-395-4977 or
info@awareyoga.com**

Shanti Yoga Retreat



Find out everything you need to know about Shanti Yoga Retreat, including directions on how to get there:

www.shantiretreat.ca

The free 20min car ferry to Wolfe Island leaves from downtown Kingston every Friday afternoon on the hour. Try to arrive 1hr early to ensure you get on the ferry of your choice. Check return schedule for Sunday departures.

Aware Yoga



Find out more about Kellie Dearman at:
www.awareyoga.com

Weekend Schedule



Friday: Arrive anytime after 4pm

- 5-6:30pm Welcome and Gentle Hatha Yoga Class
- 6:45 Dinner
- 7:45 Silent Walk
- 8:30 Exploring Yoga History and Philosophy

Saturday

- 8:00 am Introduction to Meditation
- 8:30-10:30 Yoga
- 10:45am Brunch
- 12:00 Free time
- 3:30pm Introduction to Pranayama
- 4:00-5:30 Yoga
- 6:00 Dinner
- 7:00 Silent Walk
- 8:00pm Ways to Practice off the Mat

Sunday: Depart anytime after brunch

- 8:30 am Meditation
- 9:00-10:30 Gentle Yoga
- 10:45am Brunch

Notes on Meals and Accommodation

Shanti provides four delicious vegetarian meals, plus snacks and tea are available all the time. If you have any major dietary restrictions, please let me know in advance. Part of the retreat experience involves getting to know others with similar interests, so please be prepared to share accommodation with a small group if you are coming on your own. If you are coming in a group, please let me know. A small number of rooms are available for couples.