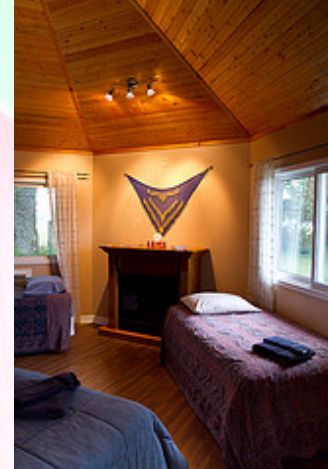
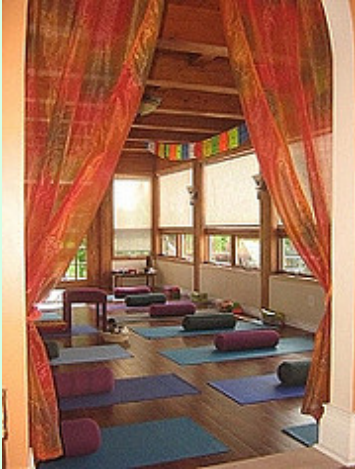


# ***Restorative Yoga Weekend Retreat*** ***with Danika Hendrickson*** ***November 9<sup>th</sup>- 11<sup>th</sup>, 2012***

*Relax, unwind and rejuvenate your spirit this winter at  
Shanti Retreat Centre on Wolf Island, Canada  
For more information visit: [www.shantiretreat.ca](http://www.shantiretreat.ca)  
(FAQs page located under booking icon on website)*



*This weekend explores gentle and restorative, uplifting yoga practice, with an emphasis on breath awareness and ease. The body is comfortably supported by props (blocks, bolsters, blankets), and held in postures that encourage opening and release. This process allows muscles, bones, and the nervous system freedom from buried tension and stress. As the body relaxes, our experience of yoga expands into one of spontaneous surrender, meditation, and peace. Students at all levels of practice are welcome.*

***Retreat includes:*** four restorative yoga classes, four wholesome and delicious vegetarian meals, shared accommodation, time to reflect, connect and enjoy Shanti's amenities ***Cost is \$325 plus HST.***



**Danika** is a yoga teacher, astrologer, and ayurveda practitioner. Her approach integrates the wisdom of these three traditions into inspired and healing teachings. She leads an annual yoga workshop at the Omega Institute and offers astrology consultations alongside retreats at Menla Mountain Retreat Center. She maintains a private practice in Upstate, New York.

**To register for the retreat, or for more information, email Danika at [DanikaMarieH@gmail.com](mailto:DanikaMarieH@gmail.com)**