

LABOR DAY LONG WEEKEND YOGA NIDRA RETREAT

A fascinating and profound journey into the world of sleep, yoga and consciousness

Weekend Retreat offers 3 or 4 day option and includes shared or semi private accommodation, delicious vegetarian meals, yoga, afternoon workshops, evening programs and use of amenities including one infrared sauna session.

Yoga Nidra is the Art of deep relaxation and developing awareness in dreams and sleep; it is also an enjoyable and healing form of lying down meditation.

Yoga Nidra is most commonly practiced as a technique for deep relaxation and rejuvenation. In addition, it enables you to develop more awareness in your dreams and in daily life. It helps you to deal better with stress, negative emotions and false identifications, by reconnecting us with our true self and opening our heart.

The workshop is based on Indian and Tibetan yogic teachings and incorporates knowledge and techniques from modern psychology. You will learn about dreams, sleep, energy-consciousness and practical methods for transforming your nights into a greater source of restoration, inspiration and self discovery.

Gentle hatha yoga classes will be included during the weekend to support and deepen the practice of yoga nidra.

“I feel so grateful that my first-ever yoga retreat was with you at Shanti. The serene waterfront setting, the delicious food, your super staff, the energy of the other guests and the marvellous Manu all combined to provide an experience I’ll never forget. I learned so much despite sleeping through several nidra sessions, and I’ll take that new knowledge and use it as a spring board. I’m back in Ottawa, feeling inspired and connected to myself in a new way. Thanks again, Cindy”



Facilitator:Manu Akshobhia (Emmanuel) has been studying and practicing Indian and Tibetan yogic teachings for more than twenty years. Some of the main influences on his path are Agama, Hridaya yoga and the Path of the Heart of Prem Baba (Awaken Love). He has been teaching wordily workshops, intensives and retreats since 2000. He has a wealth of information to share and inspire you on your journey. All of us at Shanti look forward to welcoming you to this very special week-end.

For more information about Manu and the workshop, consult his website: www.yoga-spanda.com

Testimonial from 2015 Retreat

The weekend at Shanti with Manu was exactly what I needed. I returned home and my boyfriend said, "you left happy but you have come back, well, I cannot describe it, even happier".

It was hard to believe that I was only at Shanti for 2 1/2 days. I felt as if I had been away for a long time. The atmosphere was fantastic. The house was so warm and cozy and the yurt cool and comfortable. Manu led us through some basic yoga postures in ways different than I had been accustomed to but with purpose to all of our movements. We ended each practice with an incredible meditation - I accessed emotions that have been stuck inside of me for years. There was this release and a sense of calm and clarity.

I also learned so much. Manu was able to share with us so much knowledge. He was approachable and each question asked would take us to a deeper level of learning. I was really impressed with Manu's depth of knowledge. He provided insight into how we can access our different levels of consciousness and use them to provide healing and growth.

The weekend was the perfect balance of activity (the swim in the lake), nature, yoga, meditation, learning, great food and great people.

My only wish is that I could have taken Manu's meditations home with me.

Thanks for everything, I look forward to coming back soon.

With love, Chris McComb

Labor Day Weekend Yoga Nidra Retreat Weekend Schedule

Friday:

Arrival time is any time after 2pm

5:00 - 6:30pm – yoga class

6:45pm – evening meal

8:15pm – special program, week-end workshop intro

Saturday:

7:30 am – breakfast

8.15 – silent morning walk

9:00 - 10:30am – yoga class

12:00pm – lunch

1:15 -4:00pm – Yoga Nidra mini-workshop

4:45pm - 6:15pm – yoga class

6:30pm – evening meal

8:15pm – special program connected with yoga nidra

Sunday:

Light breakfast available (fruit, trail mix, oatmeal)

8:00am – silent morning meditation

9:00 - 10:30am – yoga class

11:00am – brunch

noon-3pm- Yoga Nidra workshop

For those who wish to stay till Monday:

4:30 - 6:00 pm: yoga class

6:30 pm: Evening Meal

8:15pm: special program connected with yoga nidra

Monday :

Light morning breakfast available

8:00 am – sitting meditation

9:00 am – Yoga Class

11:00am – Brunch

12:00 pm - check out of rooms

Please enjoy the property until 2pm.

RATES

3 Day Retreat - Friday to Sunday

Semi- Private accommodation (2 share) rate is \$400 + hst

Shared accommodation (3 or 4 share room) is \$375 + hst.

4 Day Retreat - Friday to Monday

Semi- Private accommodation (2 share) rate is \$550 + hst

Shared accommodation (3 or 4 share room) is \$525 + hst.

“Manu's has an honest and humble heart, his knowledge of mind and spirit is felt as he supports and guides you through the beautiful and deep experience of Yoga Nidra. Thank you Manu and Shanti for another great experience.” ~Marco