

Rest & Reconnect

A Weekend of Restorative Yoga with Joshua Lewis



Rates

Semi Private
\$400+HST

Shared
\$370+HST

November 10-12, 2017

Friday

Arrival after 2:00pm
5:00pm Restorative Yoga
6:45pm Dinner
8:15pm Yoga Nidra

Saturday

7:30am Self Serve Breakfast
9:30-11:30am Gentle Hatha &
Restorative Yoga
12:00pm Lunch
1:00-4:00pm Free Time
4:00-6:00pm Restorative & Yin
6:30pm Dinner
8:00pm Shanti Spiritual Cinema

Sunday

Light Breakfast Upon Rising
9:00-10:30am Morning Yoga
10:45am Shanti Signature Brunch
12:00pm Check Out
Enjoy the Property Until 2:00pm

We welcome back Joshua Lewis for a fall retreat - the ideal antidote for the busy and often stressful lives we lead. The greatest gift you can give yourself is the opportunity to switch from a state of “doing” to a state of simply “being.” Through the therapeutic practices of Yin, Gentle Hatha, and Restorative Yoga, our overall intention this weekend is to support the entire organism through rest. We will yield the body with the assistance of multiple props and the luxury of time. This practice of global release is passive and nourishing, calming the nervous system and promoting deep healing. Lovingly come back to yourself through a process of replenishment and rejuvenation.



3 Day Weekend Includes

2 Nights Accommodation at Shanti Retreat, 4 Restorative Yoga Classes and 1 Yoga Nidra Class with Joshua (Suitable For All Levels), 5 Vegetarian Meals, 1 Infrared Sauna Session, and Use of Shanti’s Amenities (Wellness Tea Bar, WiFi, Labyrinth, Hammocks, Walking and Cycling Routes).

About Joshua

Joshua is a yoga practitioner and teacher known for offering classes that encourage safe and compassionate inquiry into the pulsating experience of life – on and off the mat. His calm and supportive guidance is sought after by students of all levels, age and life circumstance, knowing that he teaches humbly and with deep respect for each individual’s personal practice. He believes passionately that when we practice yoga, we are practicing for life and as such, each class is an opportunity to connect deeply with ourselves. On the mat, we develop an intimate relationship that allows us to heal, to grow and to transform. Joshua guides his students with gentleness and precision. He desires for each student to feel that they can fully inhabit their practice, taking up residence in their physical bodies and feeling the surge of their energetic spirit. From here we endeavour to bring compassionate attention to the fluctuating realm of our mental and emotional experiences.

www.joshualewis.com



Joshua Lewis

