

LABOUR DAY LONG WEEKEND YOGA NIDRA RETREAT WITH MANU AKSHOBHIA



RATES

3 Days	4 Days
Semi Private \$425+HST	Semi Private \$580+HST
Shared \$395+HST	Shared \$550+HST

SEPTEMBER 1-4, 2017

Friday

Arrival Any Time After 2:00pm
5:00-6:30pm Yoga
6:45pm Evening Meal
8:15pm Special Program (Introduction)

Saturday

7:30am Self Serve Breakfast
8:15am Silent Morning Walk
9:00-10:30am Yoga
12:00pm Lunch
1:15-4:00pm Yoga Nidra Workshop
4:45-6:15pm Yoga
6:30pm Evening Meal
8:15pm Special Program

Sunday

Light Breakfast Upon Rising
8:00am Silent Walking Meditation
9:00-10:30am Yoga
11:00am Brunch
12:00pm Check Out of Rooms If Leaving
12:00-3:00pm Yoga Nidra Workshop
4:30-6:00pm Yoga
6:30pm Evening Meal
8:15pm Special Program

Monday

Light Breakfast Upon Rising
8:00am Seated Meditation
9:00am Yoga
11:00am Brunch
12:00m Check Out of Rooms
Enjoy the Property Until 2:00pm

We are so pleased to welcome back, for his 9th season, gifted yoga teacher Manu Akshobhia. You won't want to miss this wonderful opportunity to retreat with him while savouring the last long weekend of summer. Swim, hang in a hammock, sit waterside and enjoy the aliveness of nature. Nurture and nourish your body, mind and spirit with gentle Energy yoga and teachings on Yoga Nidra. Yoga Nidra is most commonly practiced as a technique for deep relaxation and rejuvenation, and enables one to deeply reconnect with themselves. In addition, you will learn how to increase your awareness in your dreams, and life in general. You will leave this retreat feeling rejuvenated, well rested and inspired!



YOUR WEEKEND INCLUDES

Accommodation at Shanti Retreat, 8 Vegetarian Meals, 6 Yoga Classes with Manu (Suitable For All Levels), 2 Yoga Nidra Workshops, 3 Morning Gatherings, 3 Evening Gatherings, 1 Infrared Sauna Session, and Use of Shanti's Amenities (Wellness Tea Bar, WiFi, Labyrinth, Canoes and Kayaks, Hammocks, Walking and Cycling Routes).

ABOUT MANU

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 workshops, intensives and retreats around the world since 2000. The main thread that has guided Manu through this quest of life is the work on purifying and harmonizing the Heart, and how to open deeply to spirituality and at the same time become a better human being. Manu has a wealth of information to share and inspire you on your journey.

TESTIMONIALS

Jaya writes "It really brought me back to my heart. The atmosphere and energy Manu is creating is very unique. He gives a soft presence with structure and freedom that allows for your own personal needs. It is very beautiful to be in his devotional energy."

Rasvan writes "The retreat was indeed a revelation for me. It confirmed a few things I was hoping for but it opened many new windows. The yoga nidra sessions, the lectures, Q&As, the new asanas for the chakras, the informal discussions were all high points. Add to that the beautiful setting at Shanti and the rich - yet optional - program and the result was an unforgettable long weekend."

www.yoga-spanda.com