

Yoga for Balanced Living with Abby Blythe



Rates

Semi Private
\$400+HST

Shared
\$370+HST

November 3-5, 2017

Friday

Arrival After 2:00pm
5:00-6:30pm Yoga
6:45pm Dinner
8:15pm Evening Film Screening

Saturday

7:30-8:30am Self Serve Breakfast
9:30-11:30am Yoga: Breathing,
Digestion and Postures for
Regeneration
12:00pm Lunch
1:00-3:00pm Free Time
3:00-4:00pm Workshop:
The Healing Power of Yoga
4:30-6:00pm Yoga & Meditation
6:30pm Dinner
7:30pm Evening Kirtan

Sunday

Light Breakfast Upon Rising
8:30-10:00am Yoga & Meditation
10:45am Shanti Signature Brunch
12:00pm Check Out
Enjoy the Property Until 2:00pm

You are your own best healer. Join Abby Blythe, a gifted yoga instructor and yoga therapist, for an introduction to the vast benefits of yoga and how to deepen an existing practice. You will be gently guided through yoga classes to better understand how a daily practice can support proper breathing, healthy digestion, cardiovascular health, increased vitality, regeneration for healthy aging and an overall sense of well being. This fall retreat is also a beautiful time to spend enjoying time fireside, savoring the crispness of November on nature walks, and honoring the opportunity to go within - a gift to self. On Saturday night Abby will share her love of kirtan. Guests repeatedly share that it is such a treat to experience and bask in the energy of singing, or just listening to, sacred Indian mantras with Abby.



"Yoga is not a work-out, it is a work-in. And this is the point of spiritual practice; to make us teachable; to open up our hearts and focus our awareness so that we can know what we already know and be who we already are." Rolf Gates

3 Day Weekend Includes

2 Nights Accommodation at Shanti Retreat, 5 Vegetarian Meals, 4 Yoga Classes with Abby (Suitable For All Levels), 1 Workshop, 1 Film Screening (Related to Yoga Therapy), 1 Infrared Sauna Session, and Use of Shanti's Amenities (Wellness Tea Bar, WiFi, Labyrinth, Hammocks, Canoes and Kayaks, and Walking and Cycling Routes).

About Abby

Abby is a Certified Yoga Teacher and Yoga Therapist. Since the age of 13, Abby has been studying yoga, and began teaching yoga full time since first traveling to India in 2008. After spending nearly 5 years living in Thailand studying Yoga with her teacher Swami Vivekenanda Saraswati, she has returned to her home in the Haliburton Highlands, and has since founded Light Hatch Yoga Studio. Abby's grounded teaching style finds its roots in her deep knowledge and understanding of the yogic practices, and is highlighted by her joy of teaching, lightness of heart and even the odd song or two. She enjoys meeting her students where they are at and tailors her classes to the individuals present. Additionally, she is a life-long lover of music and finds particular inspiration in singing the sacred mantras of India; a practice known as "Kirtan." A professionally trained singer since the age of 10, blending the joy of singing with the aspiration of her yoga practice has been one of her most profound discoveries yet.

www.lighthatch.com

