

Heart Glow: a 3-day Yoga, Meditation & Osteopathy Retreat

Join Yoga teacher, Stella Artuso and Osteopathic Practitioner, Sarah Clinton on a journey back to the heart. You will be guided through yoga asanas, breathing techniques, meditation & moments of silence to facilitate reconnection to your true-nature. The retreat is highlighted by an *optional* osteopathy treatment to further restore, balance and move the many facets of your being. Shanti Retreat is the ideal sanctuary for this gift to your heart- it offers a naturally serene space to relax, reflect and rejuvenate, as well as delicious vegetarian meals to nourish your soul.



Dates

August 15-17th 2017

Rates

Shared \$435 +HST

Semi-private \$465 +HST

TUESDAY

Arrival after 2pm

4:30pm Opening ♥ Circle & Meditation

6pm DINNER

7:15pm Yin Yoga & Yoga Nidra

WEDNESDAY

7:30am Silent meditation

8:00am Silent BREAKFAST

9:00am Yoga lecture

10am Hatha yoga

Noon LUNCH

12:30pm Free time / Osteo sessions

4:30-6pm Yin Yoga ♥ centred meditation

6pm DINNER

7pm Bonfire & heart sharing

Osteo sessions

THURSDAY

7:00am Silent BREAKFAST

7:30am Silent walking meditation

8am Hatha Yoga

9:30am Meditation / Closing ♥ circle

10:30am BRUNCH

11:00am - 2pm Osteo sessions

* Check-out of rooms by 12:00pm

** Enjoy the property until 2:00pm



Includes

Accommodation at Shanti, 5 Vegetarian meals, 4 yoga classes (suitable for all levels), 1 Lecture, 4 Meditation sessions, 1 Infrared Sauna Session, Use of Shanti's Amenities (Wellness Tea Bar, WiFi, Labyrinth, Canoes & Kayaks, Hammocks, Walking and Cycling Routes)

N.B. Osteopathic treatments will be offered at an additional cost of \$60. Space is limited, please indicate your interest when reserving.



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Stella and Sarah met 16 years ago while studying Exercise Science at University. They quickly realized they shared similar passions for holistic health, travelling and living simply. They have been connected ever since.



Stella's adventurous nature brought her to study and live overseas completing a Masters in Public Health; working primarily with Aboriginal communities in Australia. Followed by solo-soul travels in a variety of landscapes, she eventually made her way back to Montreal where she undertook a 500h Yoga Teacher Training at NAADA yoga. Stella then studied at Hridaya Yoga in Mexico and has taught yoga in both Mexico and Morocco. She continues expanding her knowledge via numerous trainings such as Yin, Restorative & Trauma sensitive yoga. Stella currently shares her love for yoga in Montreal, QC.

Sarah continued to follow her fascination with healing and the human body and completed her Osteopathy degree in 2010. She later joined the Osteopathy Without Borders mission to Pakistan and received her Yoga Teacher Training in India in 2013. Born in Montreal, Sarah moved to Vancouver in 2015 to become more involved with the Canadian College of Osteopathy as an assistant teacher and be closer to her sister and family. Helping people reconnect to their health and joy through osteopathy is a strong calling of Sarah's. To her, Osteopathy, is more than a therapeutic modality: it's an art, a philosophy, and a way of life.

Yoga, Osteopathy and Wellness flow naturally in Stella and Sarah's lives.
Join them for 3 days of heart opening goodness!



Questions? Want to **RSVP** your spot? Contact us at yogaosteoretreats@gmail.com