



**JULY  
17-20  
2017**

## **Relax, Rejuvenate, Retreat!**

### **SHANTI YOGA RETREAT, Wolfe Island, Kingston, ON**

Take a break this summer to immerse yourself in yoga! This 3-night, 4-day, Monday-Thursday retreat is the perfect opportunity to delve deeper into your yoga practice. Join longtime instructor Kellie

Dearman for her 11th retreat at Shanti! She invites new and practiced students to explore yoga and meditation in a dedicated setting, while also taking time for soaking up the the sun and the water at this glorious island getaway! Shanti is located on Wolfe Island, just a short ferry trip from downtown Kingston.

#### **... w/Reiki Master Kimeiko Hotta Dover**

Reiki is a gentle hands-on technique which supports physical, emotional, mental and spiritual healing. During this retreat you will have the opportunity to receive a reiki treatment from Kimeiko's students who will be taking Reiki 1 training concurrently!



During this retreat, yoga will range from very gentle to slightly challenging. Everyone will be encouraged to be aware of their personal boundaries, to work to own best ability, and to be mindful of their emotional well-being. Discussions will focus on the

connection between mind and body as we explore our physical practice, as well as the deeper connection between mind and spirit. Over the four days, we will explore hatha, yin, yoga nidra, meditation and pranayama. This retreat is running concurrently with a Reiki 1 training, so Reiki Master Dover will also give us an intro to Reiki and the Chakras and we will have the opportunity to receive Reiki from her Reiki 1 students!

Shanti's idyllic setting makes for the perfect escape. Located on the shores of the St. Lawrence River, Shanti has something for everyone! There is plenty to do even when you are not practicing yoga. During free time you can take out a canoe or kayak, play on the water-trampoline, explore the island, or just hang out in the sun or shade with a good book. There are lots of indoor and outdoor places to relax (or nap!), including several hammocks and a meditation labyrinth. Shanti also has a lovely store to explore! This retreat is open to yogis at all levels.

"Peaceful...authentic, non-judgmental, strong and mindful!! Very encouraging!! Kellie, you teach people how to be o.k. with themselves.  
~Tammy O, Stirling

### Your Retreat Host

Kellie Dearman has been teaching yoga for 12 years and runs retreats 3-5 times yearly. Her gentle hatha style encourages variations and adaptations for every body and is also sensitive to trauma and stress-related conditions. She also provides one-on-one and small group mindfulness and moving meditation practices through Trent View Counselling. More info at: [awareyoga.com](http://awareyoga.com)

### Meals and Accommodation

Shanti provides two delicious vegetarian meals daily, and a self-serve breakfast or morning snack. Coffee is available in the morning, and tea all the time. If you have any major dietary restrictions, please let us know in advance. The retreat experience involves getting to know others with similar interests, so please be prepared to share accommodation if coming on your own. If you plan to attend with friends, please let us know ahead of time. A very small number of rooms are available for semi-private bookings.



### How to Get There

The free 20-min car ferry to Wolfe Island leaves from downtown Kingston every Friday afternoon on the hour. Try to arrive at least 1hr early to ensure you get on the ferry of your choice. Check return schedule for departures. [wolfeisland.com](http://wolfeisland.com)

### Yoga Retreat Rates

Shared Rooms:  
(3 or 4 per room)  
**\$525** per person (no HST), includes all meals and sessions.

Semi-private:  
**\$575** pp (2 per room)

**\$100** non-refundable deposit due on booking. Balance due **July 7**

To book please contact:  
Kellie Dearman  
613-395-4977 or  
[info@awareyoga.com](mailto:info@awareyoga.com)

### Special Note:

*This retreat may be of interest to friends of people taking Reiki 1 concurrently with Kimeiko Hotta Dover. If you are interested in learning more about Reiki, please go to: [kimeiko.com](http://kimeiko.com)*

# RETREAT SCHEDULE

## MONDAY

- 2:00 Arrive any time after 2pm and get settled
- 5:00-6:30 Gentle Hatha Yoga
- 6:45 Dinner
- 8:30 Opening Circle / Intro to Reiki and Meditation (Kimeiko)

## TUESDAY

- 7:30 Self-Serve Breakfast
- 9:00-10:30 Morning Hatha Yoga
- 10:30-11 Introduction to Meditation
- 12:00 Lunch
- 1:00 Free Time
- 3:30 Exploring Pranayama
- 4:15-5:30 Hatha Yoga
- 6:00 Dinner
- 8:00 Chakra Workshop w/  
Kimeiko and Yoga Nidra w/Kellie



## WEDNESDAY

- 7:30 Self-Serve Breakfast
- 9:00-10:30 Morning Yin Yoga
- 10:30-11 Walking or outdoor Meditation
- 12:00 Lunch
- 1:00 Free Time
- 3:30 Labyrinth Meditation
- 4:15-5:30 Hatha Yoga
- 6:00 Dinner
- 8:00 Chair or Table Reiki with Kimeiko/Reiki 1 students

## THURSDAY

- 8:00 Light morning snack
- 8:30-9:00 Meditation
- 9:00-10:30 Gentle Hatha Yoga
- 10:45 Brunch
- 12:30 Closing Circle/Group Photo  
*(ferry departure times are 1:15, 2:30, 3:30)*

Find out everything you need to know about Shanti at:  
[shantiretreat.ca](http://shantiretreat.ca)