

RENEW • RECONNECT • RETREAT

WITH NIGEL WALKER AND SPECIAL GUESTS

Join me and special guests, [Lucila Al Mar](#) (yoga teacher, artist and musician) and Leah Brathwaite (yoga teacher and founder of [Free Soul Malas](#)) for a four-day retreat on Wolfe Island, near Kingston, Ontario.



Take an extra-long weekend to escape the hustle and bustle of the city, renew your passion for **living a fulfilled life** and reconnect with your **innate sense of peace**.

This unique weekend includes a variety of yoga classes, from Vinyasa Flow and Yin/Yang, to Kundalini and Restorative.

In Leah's **Chakra Balancing Workshop**, you'll learn to make your own beautiful, hand-crafted wrist mala and techniques to calm and ground your energy.

An evening bonfire and **live music performances** by Lucila will elevate your connection with nature and community.



WHEN:

May 25-28, 2017

WHAT'S INCLUDED:

- 3-night, 4-day stay at Shanti Retreat
- 8 local, vegetarian meals, prepared fresh daily
- 6 yoga classes
- Chakra Balancing Workshop
- Bonfire and live music performances
- 1 infrared sauna session
- Use of kayaks and canoes
- Free time to read, walk, swim and recharge



ABOUT NIGEL WALKER

Currently based in Ottawa, Nigel leads yoga classes and yoga teacher training locally and retreats internationally. Not your typical yogi, Nigel discovered yoga out of necessity after a debilitating knee injury getting up out of his office chair. Yoga didn't come naturally to him, but it turned out to be the holistic approach to health and well-being that he truly needed.

Ten years later, his mission is twofold: to share the gift of yoga with as many people as possible, and to highlight the connection between mental, physical and emotional aspects of being human.

www.nigelwalker.ca



YOUR INVESTMENT:

\$575/person for triple/quad shared accommodation (single bed)

\$675/person for double shared accommodation (2 singles or 1 king)

HST not included.

Tenting option available at discounted rate.

SAVE 10% if you book before March 15, 2017!

A \$300 deposit secures your spot. Full balance due April 30, 2017.

No refunds will be given for this retreat; however, you may transfer your reservation to someone else with written permission from Nigel.

CONTACT ME:

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www.nigelwalker.ca