

AUTUMN YOGA RETREAT for WOMEN

SEPT. 21—24, 2017 WOLFE ISLAND, ON

“PERSPECTIVE”

“Change the way you look at things and the things you look at change.”

Join Anne Stubbs on an extended weekend of inner focus and self-discovery. Exploring angles and aspects of SELF through various lenses of yoga, meditation, and contemplative activities, we will practice ways to help deepen awareness, broaden perspective, and promote transformation. Silent periods are included to enhance the experience!

WHAT'S INCLUDED: Our 3-night weekend at the beautiful Shanti Retreat includes morning meditations, daily yoga classes, evening programs, group and solitary activities, free time, all meals, and **shared accommodations**. Each guest is entitled to one complimentary use of the infra-red sauna. Thai yoga massage available (booked on-site; see website for additional charges). Ferry to Wolfe Island is free.

www.shantiretreat.ca



ABOUT ANNE: With over 19 years experience in the fitness and wellness fields, Anne has been serving the Ottawa area through mind/body classes, workshops and yoga retreats. As a dedicated teacher and student of yoga and meditation, she promotes healthy balanced living with an enthusiastic and authentic approach.

Follow Anne's blog at *Yoga In My Backyard* – www.yogaimby.com.



FEES

(including all taxes and \$100 non-refundable amount)

\$549 Early-bird rate
until June 30

\$589 Regular rate
after June 30

TO REGISTER: Request a registration form by emailing Anne at yogaimby@gmail.com or call 613-692-5200

Anne's retreats fill up quickly - register soon!

**This retreat is suitable for women who have had some experience with yoga, although modifications will be given to suit all levels.



RETREAT SCHEDULE *

THURSDAY

2:00 - 4:30 pm:	ARRIVALS and ORIENTATION
5:00 - 6:00 pm:	YOGA FOR TRAVELLERS (optional)
6:30 pm:	DINNER BUFFET
8:00 - 9:00 pm:	WELCOME AND OPENING CIRCLE
9:30 pm:	SILENCE BEGINS (until after morning breakfast)
10:00 pm:	REST

FRIDAY

7:00 - 7:30 am:	MEDITATION (outdoors if weather permits)
7:30 am:	SELF-SERVE BREAKFAST
9:00 - 11:00 am:	ENERGIZE YOGA CLASS (theme for each day with mantra and asana practice)
12:00 pm:	LUNCH BUFFET AND FREE TIME
1:00 - 1:30 pm:	DIGESTION DANCE (optional)
4:30 - 5:30 pm:	GENTLE YOGA CLASS with PRANAYAMA (breath work)
6:00 pm:	DINNER BUFFET
8:00 - 9:00 pm:	RESTORATIVE YOGA and YOGA NIDRA
9:30 pm:	SILENCE BEGINS (until after morning breakfast)
10:00 pm:	REST

SATURDAY (afternoon/evening silence)

7:00 - 7:30 am:	MEDITATION (outdoors if weather permits)
7:30 am:	SELF-SERVE BREAKFAST
9:00 - 11:00 am:	ENERGIZE YOGA CLASS
12:00 pm:	LUNCH BUFFET AND FREE TIME (silence begins at 3 pm today!)
1:00 - 1:30 pm:	DIGESTION DANCE (optional)
4:30 - 5:30 pm:	YIN YOGA CLASS
6:00 pm:	DINNER BUFFET
8:00 - 9:00 pm:	CANDLELIGHT MEDITATION (outdoors if weather permits)
10:00 pm:	REST (silence continues until after morning breakfast)

SUNDAY:

7:00 - 7:30 am:	MEDITATION (outdoors if weather permits)
7:30 - 8:00 am:	LIGHT BREAKFAST
8:30 - 10:30 am:	ENERGIZE YOGA CLASS AND CLOSING CIRCLE
11:00 am:	BRUNCH
12:00 pm:	CHECK OUT and DEPARTURES up to 2:00 pm

(*Schedule subject to modification; optional group activities may be offered during free time)

