



A Weekend of Flow, Yin & Chant with Lana Sugarman

April 4th—6th, 2018



Join Lana Sugarman for a spring renewal retreat which will nourish mind, body and spirit. Enjoy meditation, a morning active yoga practice (Jivamukti style), as well as an afternoon yin yoga practice. Saturday evening, Lana will share her passion and gift for kirtan. Kirtan is the practice of call and response chanting. Guests will have the opportunity to share their voices, dance, or simply relax and receive the sound. It is like a meditation through music. With the repetition of the mantras we are able to get out of our heads and tap into a sense of ease and joy. Jivamukti Yoga is creative vinyasa flow, with meditation, mantra, hand-on assists, and philosophy woven throughout the class.

Retreat Includes

2 nights accommodation, vegetarian meals, yin and flow yoga classes with Lana (suitable for all levels), morning meditation, Saturday evening kirtan (Call and Response Devotional Chanting), one infrared Sauna Session, use of Shanti's Amenities (Wellness Tea Bar, WiFi, Labyrinth, Hammocks, Canoes and Kayaks, and Walking and Cycling Routes).

Retreat Rates

Semi Private
\$425+HST

Shared
\$375+HST

Retreat Schedule

Friday

Arrival after 2:00pm
6:00pm Dinner
8:00pm Candlelit Yin/Restorative
10:00pm Lights Out & Quiet Time

Saturday

7:30am Self Serve Breakfast
9:00—11 am Jivamukti Flow Yoga & Meditation
12:00pm Lunch
1:00-4:00pm Free Time
4:30pm Yin Yoga
6:30pm Dinner
8:00pm Evening Kirtan

Sunday

Light Breakfast Upon Rising
9:00—10:30 am Jivamukti Flow Yoga & Meditation
10:45am Shanti Signature Brunch
12:00pm Check Out

About Lana



Lana discovered yoga at the age of 15 in Red Deer, Alberta. She dabbled in many styles but fell in love with Jivamukti Yoga and completed her 300 Hour training in 2009. Later that year she studied Yin Yoga with Tracey Soghrati, a 40 hour certification. She continues to study with many inspiring teachers including Sarah Powers, David Life and Sharon Gannon, and the radiant community of Toronto. As a teacher,

Lana strives to offer a safe and nourishing space for students and to offer insights that are relatable. Her classes are a mix of expressive asana, hands-on assists, and philosophy. Also a musician and theatre artist, Lana merges her love of sound and Sanskrit with the practice of kirtan. 'Lana has recorded two albums: *Invocation* (2013) and *Reverence* (2017). She loves to travel to communities around the world sharing the magic of mantra!'

To register, email info@shantiretreat.ca or call 613 777 0247
www.shantiretreat.ca



Yoga *with* Lana

www.lanayoga.ca