

Yin Yoga Retreat With Angela Jarvis Read

April 27th—29th, 2018



Time for some spring cleaning! Join Angela Jarvis-Read and take a few days this season to clean your house – your spirit house, that is. The practice of yin yoga is a divine way to influence the meridians that carry Qi to and from your organ matrix. Qi that has become stagnant, scattered and sluggish over the winter months can be refreshed and revitalized through the deep meditative holds that define yin yoga. Over the weekend we will manipulate the flow of energy through asana, acupuncture, pranayama and intention. The spectrum of our emotions also reside in our meridian network. One can expect a shift not only in body but also in one's emotional landscape. Create space in body, mind and heart and leave this retreat feeling whole again.

Retreat Includes

2 nights accommodation, vegetarian meals, yin yoga classes with Angela (suitable for all levels), evening yoga nidra, 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
5:00 —6:30 Yin Yoga Class
(Kidney & Urinary Bladder Sequence)
7:00 pm Dinner
8:30 pm Welcoming Circle

Saturday

7:30am Self Serve Breakfast
9:30—11:30 am Yin Yoga Class
(Liver / Gall Bladder Sequence)
12:00pm Lunch
1:00-4:00pm Free Time
4:00—6:00 pm Yin Yoga Class
(Stomach / Spleen Sequence)
6:30pm Dinner
8:00pm Yoga Nidra

Sunday

Light Breakfast Upon Rising
8:00—9:30 am Yin Yoga Class
(Heart, Small/Large Intestine & Lung Sequence)
10:30 am Brunch
12:00pm Check Out
Enjoy the Property Until 2:00pm

About Angela



Angela Jarvis-Read E-RYT 500 has been immersed in the world of yoga since 1998. She stumbled upon the science while seeking out a way to manage her chronic back pain. Within a only a few months of practising her physical pain and attitude towards life had shifted dramatically. It was at this time that she realized that her mission in life was to spread the magic of yoga around the world.

Known as a pain specialist, Angela's intuitive nature fuels her ability to manipulate the relationship between mind and body. She holds a private practice in Toronto, where she works one-on-one with people suffering from PTSD, depression, anxiety, arthritis, repetitive strain injuries and other mental and physical discomforts. Compassion and kindness define her approach.

Sought out by studios around the globe, Angela leads international teacher trainings, retreats and workshops in the both the yin and vinyasa traditions.

Inspirations both on and off the mat are: Jeannine Woodall, Hali Schwartz, Sarah Powers, Tom Myers and Rishi Sudhir of the Sampurna Yoga School in Goa - India. She makes her home in Toronto with the love of her life and her two sweet dogs.

www.angelajervisread.com

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

