

HOLISTIC HEALING WEEKEND GETAWAY

With Roxanne Joly and Guest Nathalie Chartier



This retreat will allow you to let go of your busy and often stressful schedules. Roxanne has been teaching yoga and leading trainings and personal enrichment workshops in Ottawa for over 16 years. Her holistic approach ensures that her classes, in which she shares the teachings of Tantra, Ayurveda, mantra and meditation, are accessible to all levels. Roxanne is on a journey towards shamanic healing and is excited to share the yoga tradition and Shamanic wisdom in her teachings. Not only will you get to experience yoga classes but Shamanic healing ceremonies also.

Nathalie, founder of Chartier Physiotherapie (chartierphysio.ca) has an amazing mind/ body/emotional/spirit connection with the body. She spent six years travelling with Cirque du Soleil working closely with their roster of athletes. She has a wealth of knowledge and Roxanne is excited to have her join the retreat to share more about the body's inner workings and provide tools to help manage and release stress and add self care to our everyday life.

Both Roxanne and her guest, Nathalie, have collaborated on Yoga trainings and workshops in a variety of settings. Roxanne is excited for her fourth annual weekend-escape to help guests to relax, renew, and take advantage of the wealth of wisdom to be offered!

WEEKEND INCLUDES:

6 Yoga classes with 1 Yoga Nidra Session and 3 Shamanic Healing Journeys (ceremony)
3 Guided Meditation Sessions
4 Holistic Healing Talks & Tools
1 Complimentary Infrared Sauna Session
Delicious Vegetarian meals and snacks
All day tea bar

Enjoy the kayaks, canoes, swimming dock, water trampoline, hang out relaxing in a hammock or enjoy a beautiful walk

Shared Room: \$535 per person (4 guests)
Semi-Private: \$630 (2 guests)

May 31 - June 3, 2018

Thursday

Arrival anytime after 3pm
4:30 pm Welcome gathering
6 pm Dinner
8 pm Holistic Talk & Yoga practice

Friday (6-10am Observe Silence)

7 am Guided meditation
8 am Breakfast
10 am Talk /Yoga practice
12:30 pm Lunch/Free Time
4:30 pm Holistic Talk
6 pm Dinner
8 pm Yoga class & journey
10 pm lights out

Saturday(6-10am observe silence)

7 am Guided meditation
8am Breakfast
10am Yoga practice & Yoga Nidra
12:30 pm Lunch/Free Time
4pm Holistic Talk w Nathalie
6 pm Dinner
8 pm Yoga class & Journey
10 pm Lights out

Sunday(6-10am Observe Silence)

7 am Guided meditation
8:00 am Holistic Talk/ yoga Practice & Journey
10:30 am Brunch
12pm Room Checkout

For more information:

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