

# Sacred Relationships Retreat (Level 1)

with Tiffany & Kristoff

September 13th—16th, 2018



Join us for a retreat of exploration and an introduction into Tantra, Partner Yoga and Compassionate Communication, as we explore ways to maintain, improve and re-ignite connection, communication and sexual intimacy. We will offer various techniques, exercises and a wealth of comprehensive information drawing from the teachings of Yoga, Meditation, Tantra, Compassionate Communication, Modern Sexology, Ayurveda and our own relationship! This will be a retreat filled with explorations, play and transformation in the way in which you view sexuality, partnership and love.

## Weekend Schedule

### Thursday

Arrival after 2:00pm  
6:00pm Dinner  
8:00pm Opening Session & Sacred Ritual

### Friday

7:30am Self Serve Breakfast  
8:30-9 am *Partner Meditation & Pranayama*  
9—10:15 *Partner Yoga*  
10:30-12:30pm Session  
12:30pm Lunch  
3:30- 6:30pm *Session*  
6:30pm Dinner  
8:00pm *Sacred Ritual*

### Saturday

7:30am Self Serve Breakfast  
8:30-9:00 am *Partner Meditation*  
9—10:15 *Partner Yoga*  
10:30-12:30pm Session  
12:30pm Lunch  
3:30-6:30pm *Session*  
6:30pm Dinner  
8:00pm *Sacred Ritual*

### Sunday

Light Breakfast Upon Rising  
8:00-9:00am *Partner Yoga*  
9:00-10:00am *Session*  
10:00-11:00am *Closing Session*  
11:00am Brunch  
12:00pm Check Out of Rooms  
Enjoy the Property Until 2:00pm, or stay for complimentary B&B and the level 2 Retreat!

*namaste*

## Retreat Includes

Accommodation, Vegetarian Meals, Sacred Gatherings, Partner Yoga Classes (Suitable for All Levels), Partner Pranayama Sessions, Infrared Sauna Session, and Use of Shanti's Amenities (Wellness Tea Bar, WiFi, Labyrinth, Canoes and Kayaks, Hammocks, Walking and Cycling Routes).

## Retreat Rates

### 4 Day Level 1 Retreat

\$575 +HST PER PERSON

### Want to join us for a 7 day Sacred Relationships Immersion Retreat combining Level 1 & 2?

### 7 Day Level 1 & 2 Retreat

\$1000+ HST PER PERSON

Includes full program for Level 1 & Level 2 as well as a complimentary B&B for Sunday night in between the retreats. B&B includes accommodation in the same room as well as Monday morning breakfast. Dinner is offsite.

## ABOUT THE FACILITATORS

**Tiffany Nicholson-Smith** (E-RYT 500, RPYT) is a radiant Yogini, an Ayurvedic Practitioner and a lover of life who is known for bringing her clarity, abundant energy and aspiration for truth into everything she shares and offers. A world citizen and sacred activist, she approaches life with an open heart and an inspired mind. Tiffany has studied and retreated extensively with various teachers in India and around the world, immersing herself deeply into Tantric Hatha & Kundalini Yoga, Advaita Vedanta, Spiritual Nutrition, Ayurveda, Compassionate Communication & Sacred Sexuality. Her students appreciate her art of drawing upon the wisdom of these approaches to offer their truths in ways that are both accessible and highly applicable.

**Kristof Wittstock** (E-RYT 500) is a down-to-earth spirit who is known for his clear dedication to truth and his humble heart. He has had the opportunity to study for the last 20+ years with various teachers and schools, most situated in India, and steeped in the traditional, classical wisdom of Hatha, Laya, Kriya and Kundalini yoga. Kristof also has a deep respect and love for Buddhism and has retreated extensively in the Theraveda tradition. His offerings are always infused with this revolutionary edge of Tantric Yoga, Meditation and Buddhism. His students often comment on his artful blend of focus, precision, laughter and joy, and enjoy his mindful invitations to live a life of true alignment and awareness.

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