



KUNDALINI YOGA & MALA MAKING RETREAT

Shanti Retreat, Wolfe Island, Kingston, ON with Lynn Clyde

Monday, June 18th – Wednesday, June 20st 2018

Rates: 3-4 Shared - \$400+HST (\$450+HST after May 15th)

Semi-Private 2 People - \$450+HST (\$500+HST after May 15th)

Join Lynn Clyde (Manmeet Kaur) for a 3-day mid-week kundalini yoga and mala making retreat. This all-levels retreat includes 3 yoga classes, a mala workshop, morning sadhana (yoga/meditation/mantra), gong baths, a mala meditation, nutritious vegetarian meals and an infrared sauna session.

Kundalini yoga incorporates asana (postures), pranayama (breath work), mudra (hand gestures) and mantra. These transformational ancient teachings, kept secret for thousands of years, build physical vitality and increase consciousness. The kriyas work on strengthening your nervous system, balancing your glandular system, purifying the body and calming the mind.



You will create your own one-of-a-kind traditional mala (prayer bead) necklace with 108 semi-precious gemstones, silk cord/tassel and Swarovski crystal guru bead. Many gemstones and tassel colors to choose from. All materials included in cost of retreat.



Lynn Clyde, owner of Devani Jewels, designs yoga-infused jewelry made with semi-precious gemstones, Swarovski crystals and sacred symbols. She has been practicing Kundalini yoga for over 10 years, and completed her 220 hour KRI Teacher Training with Gurmukh Kaur Khalsa in Rishikesh, India.

Schedule

Monday:

Arrival after 200 pm

500-615 pm Yoga

630 pm Dinner

800-930 pm Part 1 Mala Workshop/Gong Bath

Tuesday:

600-800 am Sadhana (yoga/meditation/mantra)

800 am Self-Serve Breakfast

1000-1200 pm Part 2 Mala Workshop

1230 pm Lunch

430-600 pm Yoga

630 pm Dinner

800-930 pm Part 3 Mala Workshop/Gong Bath

Wednesday:

Light Breakfast Available Upon Rising

730-800 am Mala meditation

900-1030 am Yoga

1100 am Brunch

1200 pm Check Out of Rooms

Stay and Enjoy the Property until 200pm



Cancellation Policy: Refunds (minus \$50 administrative fee) available up to 10 days in advance of the retreat. No refunds or credits after that time, but you may arrange for another person to take your place.

Contact Lynn Clyde 613-572-2333 Lynncl Clyde9@gmail.com