

Yoga and Inner Practices Retreat with Debra Black

Yin/yang yoga, Restorative Yoga & Meditation



Join Debra on a weekend designed to bring a sense of equanimity or balance to your life -- exploring yin yoga, yang yoga, restorative yoga and walking and seated meditation.

Participants will work with – loving kindness and compassion practices, breath work and visualizations during asana practice and meditation. In each class students will be able to rest, restore and find their ground – physically, mentally and spiritually.

The yin/yang yoga classes will be designed to balance the Qi, or life force, in students that according to Traditional Chinese Medicine and Daoism flows within all of our bodies in a series of meridians. Both the asana practices and the meditation practices will give students an opportunity to work with their feelings and thoughts and cultivate moment-to-moment awareness as well as hone their ability to be mindful and balance their Qi.

Debra will also introduce to students the Four Foundations of Mindfulness –Buddhist tools for meditation. After a weekend of meditation, yin/yang yoga and restorative yoga participants will head home feeling spacious, open, aware and ready to return to their every day life.

Retreat Costs (including tax)

Early Bird Special until June 1 st	Shared (3-4 / room) : \$375	Semi Private (2 / room): \$400
Regular Price after June 1st	Shared (3 – 4/ room): \$425	Semi Private (2 / room): \$450

Reservations, Payments & Cancellation Policy

A \$150 non-refundable deposit is required to secure your spot.

Cancellation policy: In the case of a cancellation, you will receive the full payment minus the non-refundable deposit up until September 30th. After that date, no refunds will be given.

Full payment for Early Bird rates are due by June 1st.

Full payment for regular rate are due by September 15th.

Payments can be made via e-transfer to Debra Black at debrazinablack@hotmail.com or through Visa or Mastercard. Any questions feel free to call Debra at 416-571-3933.

About Debra Black



Photos by Debra Black

I am an avid fan, student and teacher of Yin Yoga, Restorative Yoga, Vinyasa Yoga, poetry, Indian philosophy, Buddhism and meditation, based in Toronto. I am a registered yoga teacher with the Canadian Yoga Alliance, having studied vinyasa flow with Seane Corn and restorative yoga with Marla Joy Meenakshi as well as other amazing teachers. But yin is really my thing. I have started additional training with California-based yin teacher Sarah Powers and have done two six-day silent retreats and an 80+ hours Yin/Yang/Meditation Teacher Training with Powers and her husband Ty in Greece. I am now officially enrolled in the 500 hour teacher training program with Sarah, Ty and their Insight Yoga Institute. I have 50 plus hours training in yin yoga with Tracey Soghrati and did an advanced yin training with Soghrati and TCM practitioner Tony Tavares. Am now an ex-reporter with the Toronto Star. I am passionate about all things yogic and poetic and am interested in justice and politics.

**For more information on Debra Black,
visit her [website](#) or [Facebook Page](#).**

Yoga and Inner Practices Retreat Schedule

Friday, October 12, 2018

- 3:30 pm. to 4:30 pm. Arrival and Check In
- 5:00 pm. Introductions
- 6:00 pm Dinner
- 8:00 pm Restorative Yoga and Inner Practices

Saturday October 13th, 2018

- 7:00 am Early Morning Meditation
- 7:30 am Breakfast
- 9:30 am Walking Meditation
- 10:00 am Yang/Yin Yoga and Inner Practices
- Noon Lunch
- 1:00 to 4:30pm Free Time
- 4:30 pm Yin Yoga and Inner Practices
- 6:00 pm Dinner
- 8 pm Restorative Yoga

Sunday, October 14th, 2018

- 7:00 am Early Morning Meditation
- 7:30 am Light Breakfast
- 9:00 am Walking Meditation
- 10:00 am Yin Yoga and Inner Practices
- 11:00 am Brunch
- Noon – Check Out. Please enjoy the property until 2pm.

