

Tools for Transformation Retreat

Becoming the Person You Really Are



Yasodhara Ashram

YOGA RETREAT & STUDY CENTRE



With Swami Matananda

of Yasodhara Ashram, Kootenay Lake, British Columbia

www.yasodhara.org

In this first-time retreat at Shanti Retreat, Swami Matananda of Yasodhara Ashram in Kootenay Lake, BC, invites you to learn yogic tools and practices to support lasting change in your life. Take steps to transforming challenges and patterns and become who you really are. Bring your values and ideals to life – and know the joy of discovering your own answers within. This spacious retreat introduces tools such as Hidden Language Hatha Yoga, meditations, reflection and journaling, mantra, relaxation and the exploration of symbolism in your life. Developed by Swami Sivananda Radha, Hidden Language Hatha Yoga takes the practice of Hatha Yoga far beyond a series of physical exercises. It is a gentle and meditative style of Hatha that respects the body as a spiritual tool. By working with metaphor, symbolism, imagery and visualization, the ‘hidden’ messages of each asana are revealed, *reflecting exactly where you are, like a clear mirror*. Reflection and journaling are tools to access and record your own personal wisdom. By finding answers within through transformative yogic tools, you will discover the language of your unconscious mind, understanding of the self and the courage to move forward.

Retreat Includes

2 nights accommodation, vegetarian meals, yoga classes, evening satsang, 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

\$400+HST

Shared

\$370+HST

Retreat Schedule

Friday

Arrival after 2:00pm

5:00 —6:30 Introduction to practices

6:45 pm Dinner

8:15 pm Evening Gathering (chanting)

Saturday

7:30am Self Serve Breakfast

9:30—11:30 am Hidden

Language Hatha Yoga & Meditation on the Light

12:00pm Lunch

1:00-4:00pm Free Time

4:00—6:00 pm Afternoon Yoga (work with symbolism and yogic practices)

6:30pm Dinner

8:00pm Satsang

Sunday

Light Breakfast Upon Rising

8:30—10:30 am Hidden Language Hatha Yoga, Yogic Practices, The Insight

11:00 am Brunch

12:00pm Check Out

Enjoy the Property Until 2:00pm

About Swami Matananda & Yasodhara Ashram

Swami Matananda, a Senior Teacher and resident of the Ashram since 1990, is dedicated to Swami Radha’s work. With a background as an educator and artist, Swami Matananda’s light-hearted nurturing approach supports people in accessing their inner well of wisdom and their true potential. And as a member of the Land Stewardship group that cares for the Ashram’s 115 acres on the shore of Kootenay Lake, Swami Matananda cares for the land, the residents, the Karma Yogis and guests, and all those who are drawn to the Ashram. Swami Matananda was initiated into Sanyas in 2012 and took the name ‘Matananda’ meaning ‘mother.’

Yasodhara Ashram is a yoga retreat and study centre founded by Swami Sivananda Radha in 1963, in Kootenay Bay, British Columbia. As a Canadian charity and active learning centre, our purpose is to stimulate open intellectual and spiritual enquiry, supporting the potential of transformation in each person. We offer a wide range of programs year-round, helping people to evolve and lead fulfilling lives. We are also a residential community where we practice living what we teach. Our new Temple of Light is a sacred space for peace, hope and unity – open to all.



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

www.shantiretreat.ca