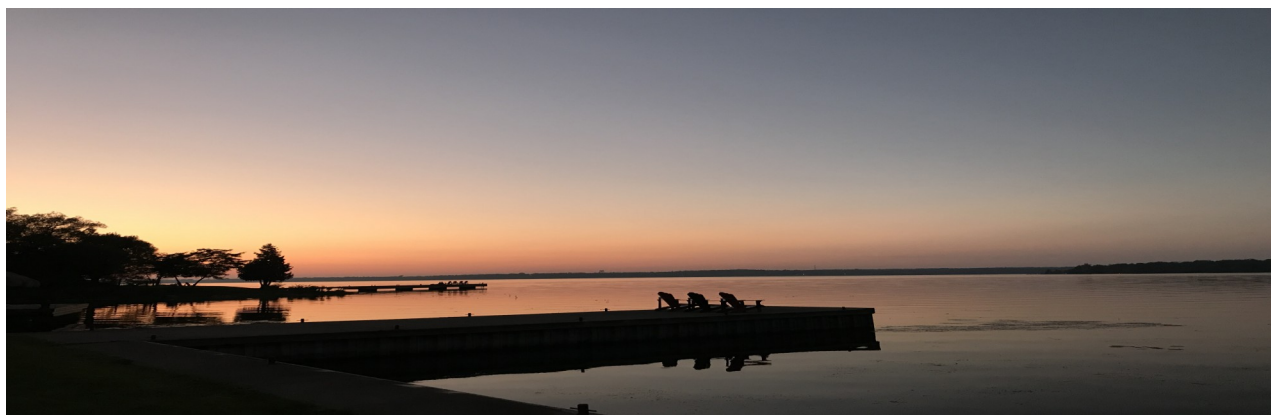


AUTUMN YOGA RETREAT for WOMEN **"BODY, MIND, SPIRIT—ALIGNED"** **SEPT. 27—30, 2018 Wolfe Island, ON**

Feeling off balance? How do you come back to your "centre"? Join Anne Stubbs on an extended weekend of personal exploration as we investigate ways to re-align not only the physical body, but the mind, the heart, and the spirit. Drawing from the wisdom of yoga, Ayurveda, mantra, meditation, contemplative practices, nature activities, and sharing of feminine energy, we will learn how to return to our natural balanced state—a state of wholeness and harmony! To enhance our self-study, periods of silence will be woven throughout the weekend.



WHAT'S INCLUDED: Our 3-night/4-day weekend at the beautiful Shanti Retreat includes morning meditations, daily yoga classes, evening programs, group and solitary activities, free time, all meals, and shared accommodations. Each guest is entitled to one complimentary use of the infra-red sauna. Ferry to Wolfe Island is free.

www.shantiretreat.ca

This retreat is suitable for women who have had some experience with yoga; however, modifications will be given to suit all levels.

Anne Stubbs is a dedicated teacher/student of yoga and meditation with over 20 years experience in the fields of fitness and wellness. Drawing from various disciplines, she promotes healthy balanced living with an enthusiastic and authentic approach.

Follow Anne's blog at *Yoga In My Backyard*
www.yogaimby.com.



Yoga In My
Backyard

HOW TO REGISTER

****Note that the registration format has changed in order to comply with the Travel Industry Council of Ontario's new guidelines.***

1. Email Anne at yogaimby@gmail.com to request a registration form.
2. Complete form and send it in to Anne with your retreat fee payment. You will receive info at this time regarding your accommodation choices based on availability (first-come-first-served).
3. **RETREAT FEE (no tax):** Payable to Anne Stubbs—cash, cheque, or interac e-transfer to yogaimby@gmail.com; full payment due upon registration to secure your spot.

\$199 Early bird rate until May 31, 2018

\$239 Regular rate after May 31, 2018

Anne's Cancellation Policy:

A \$100 non-refundable amount is included in my rate.

Cancellations prior to Aug. 1, 2018: refund less \$100

Cancellations after Aug. 1, 2018: no refunds

4. Book your accommodations directly with Shanti **within 2 weeks of registering with Anne** by emailing Shanti at shantiretreat1@gmail.com. Shanti will share payment options and their cancellation policy.

ACCOMMODATIONS FEE (plus tax):

SHARED (triple/quad) \$330 + HST = \$372.90

SEMI-PRIVATE (double) \$375 + HST = \$423.75 (limited availability)



RETREAT SCHEDULE



THURSDAY

- 2:00 - 4:30 pm: ARRIVALS and ORIENTATION
5:00 - 6:00 pm: **YOGA FOR TRAVELLERS** (optional)
6:30 pm: DINNER BUFFET
8:00 - 9:00 pm: **WELCOME AND OPENING CIRCLE**
9:30 pm: SILENCE BEGINS (until after morning breakfast)
10:00 pm: REST

FRIDAY

- 7:00 - 7:30 am: **MEDITATION** (outdoors if weather permits)
7:30 am: SELF-SERVE BREAKFAST
9:00 - 11:00 am: **ENERGIZE YOGA CLASS** (each day class begins with theme-related short lecture followed by mantra then asana practice)
12:00 pm: LUNCH BUFFET AND FREE TIME
1:00 - 1:30 pm: DIGESTION DANCE (optional)
4:30 - 5:30 pm: **GENTLE YOGA CLASS with PRANAYAMA** (breath work)
6:00 pm: DINNER BUFFET
8:00 - 9:00 pm: **RESTORATIVE YOGA and YOGA NIDRA** (come in your pajamas!)
9:30 pm: SILENCE BEGINS (until after morning breakfast)
10:00 pm: REST

SATURDAY (afternoon/evening silence)

- 7:00 - 7:30 am: **MEDITATION** (outdoors if weather permits)
7:30 am: SELF-SERVE BREAKFAST
9:00 - 11:00 am: **ENERGIZE YOGA CLASS**
12:00 pm: LUNCH BUFFET AND FREE TIME (**silence begins at 3 pm today!**)
1:00 - 1:30 pm: DIGESTION DANCE (optional)
4:30 - 5:30 pm: **YIN YOGA CLASS**
6:00 pm: DINNER BUFFET (mindful eating; social silence continues)
8:00 - 9:00 pm: **CANDLELIGHT MEDITATION** (outdoors if weather permits)
10:00 pm: REST (silence continues until after morning breakfast)

SUNDAY:

- 7:00 - 7:30 am: **MEDITATION** (outdoors if weather permits)
7:30 - 8:00 am: LIGHT BREAKFAST
8:30 - 10:30 am: **ENERGIZE YOGA CLASS AND CLOSING CIRCLE**
11:00 am: BRUNCH
12:00 pm: CHECK OUT and DEPARTURES up to 2:00 pm

(*Schedule subject to modification; optional group activities may be offered during free time)