

Honouring the Self

A YOGA, MEDITATION & SELF-CARE RETREAT



“ Your self love is a medicine for the earth ”
-Yung Pueblo

Come fill your cup and nurture your soul with *Stella Artuso*, Yoga & Meditation Teacher, on a journey of self-discovery and self-care. You'll be guided through mindful yoga and meditation practices, reflective journaling sessions, mauna (silence), a nature walk as well as a Holistic self-care workshop offered by Lacey Budge, a Registered Holistic Nutritionist. You will leave feeling centered, restored and fully you.

Shanti Retreat is the ideal sanctuary for this gift to yourself; offering a naturally serene space for reconnection, relaxation and soul nourishing vegetarian meals.

Monday, July 30th to Wednesday, August 1st 2018

Retreat Schedule:

Monday, July 30th

- 2:00pm Welcome & Tour
- 4:00pm Opening Circle
- 4:30pm Hatha Yoga
- 6:00pm DINNER
- 7:00pm Reflective Journaling, Pranayama & Guided Meditation

Tuesday, July 31st

- 7:30am Guided Meditation (Mauna)
- 8:15am Silent BREAKFAST (Mauna)
- 9:15am Holistic Self-care practice Workshop
- 10:15am Hatha Yoga
- 11:30am Reflective Journaling
- 12:00pm LUNCH
- 12:30pm Free Time
- 4:30pm Restorative Yoga & Yoga Nidra
- 6:30pm DINNER ~ Evening Bonfire

Wednesday, August 1st

- 7am Walking Meditation (Mauna)
- 8am Silent light BREAKFAST (Mauna)
- 8:30am Yin yoga
- 10am Reflective Journaling
- 10:30am Closing circle
- 11:15am BRUNCH

Yoga Retreat Rate:

Early Bird *Valid until June 1st 2018
\$200+ HST secures your spot

Regular
\$245+ HST secures your spot

Investment includes:

- 5 Yoga classes (2x Hatha, 1x Restorative, 1x Yin yoga & 1x Yoga nidra)
- 3 Meditation practices
- 3 Reflective journaling sessions
- A nature walk
- 1 Holistic Self-care practice Workshop
- Mauna
- Chill time (you do you!)

Shanti's Rate:

Shared room (3-4 people):
\$220+ HST confirms your registration
Semi-Private (2 people):
\$250+ HST confirms your registration

Investment includes:

Accommodation, 5 Delicious Vegetarian Meals, Infrared Sauna Session, WiFi, Labyrinth, Canoes & Kayaks, Hammocks, Walking and Cycling Routes.



Stella Artuso M.Sc.

Yoga & Meditation Teacher

I'm a curious soul contently seeking connection. Someone who will say "YES!" to the unknown, especially if it means an adventure wrapped in sunny skies, ocean views, tropical fruit and walking around barefoot. More so, if it means heart-to-heart connections, inspiration, love and lots of laughter.

I've been following this wild heart for as long as I can remember, before I understood that it motivated my passion for equity, growth and healthy living. Yoga clarified what my passionate nature was restlessly longing: reconnection to myself, my heart, and ultimately, my true nature. It was there all along, just waiting to be unveiled.

Why do I teach yoga ?

I teach to inspire others to (re)connect to who they truly are. To create a safe and welcoming space for anyone who wants to practice, explore, and learn. Knowing that movement is medicine; i keep my classes open to all levels.

Using postures (asanas), stillness (mindfulness) and the breath (pranayama), yoga allows us to pause and say hello to ourselves. It allows us to address the elements of our deeper selves that long to be seen and heard, the parts that allow us to live a meaningful and inspired life.

As a yoga teacher, I share my practices and experiences with you. I gently plant the seeds and invite you to water your garden and watch how radiantly you bloom.

Afterall, we are all light, love and stardust waiting to shine,

With love
Stella



Lacey Budge

Registered Holistic Nutritionist & Yoga Instructor

During an inspiring morning workshop, Lacey Budge will share a variety of simple and nourishing holistic self care practices. Learn to bring more awareness to the ways you nurture and balance all layers of your Being, including your physical, emotional, mental and spiritual body. Through her ongoing work, Lacey understands the interconnectedness of body, mind and spirit. She is dedicated to guiding individuals to live a holistic life, and to rediscovering that which already lies within.



Connect with me
@stellar_yoga

Questions & Registration:
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