

AUTUMN YOGA RETREAT FOR WOMEN  
Sept. 26—29, 2019



**C.R.E.A.T.E.**

**Connection Relaxation Enquiry Activation  
Transformation Expression**

Anne Stubbs returns to Shanti for her fifth annual yoga retreat to host a transformative weekend designed to enhance our creative force—*Shakti* energy. Through yoga, meditation, mantra, contemplative activities, creative endeavours, periods of silence, nature walks, downtime, and fun with the company of like-minded women, we will spark the creative potential within each of us!

*Connection:* Union of body, mind and breath through yoga

*Relaxation:* Relief of tension and stress

*Enquiry:* Questioning, contemplating, investigating

*Activation:* Physical, energetic, and mental tune-up

*Transformation:* Space to unfold, explore, and create!

*Expression:* Lightness of being and the beauty of Self

**WHAT'S INCLUDED:**

- ◆ Morning meditations, daily yoga classes, evening events, optional activities
- ◆ All meals and shared or semi-private accommodations
- ◆ Amenities include an infrared sauna, wifi, wellness tea bar, canoes, kayaks, hammocks, a labyrinth, walking and cycling routes
- ◆ A fully equipped Yoga Yurt with yoga mats, cushions, blocks, bolsters, blankets—option to bring your own mat and blanket for extra comfort!

THIS RETREAT IS SUITABLE FOR WOMEN WHO HAVE HAD SOME EXPERIENCE WITH YOGA; HOWEVER, OPTIONS WILL BE GIVEN FOR ALL LEVELS.

**RATES:**

*Shared—\$590 + HST*

*Semi-private—\$640 + HST*

**TO REGISTER:**

*CONTACT SHANTI directly for  
inquiries, registration and payment.*

*Please see Shanti's website for more details about meals, the property, wellness options, directions, FAQ.*

ANNE STUBBS, E-RYT500, FIS, RP-CRA

C.R.E.A.T.E



## RETREAT AGENDA



### **Thursday**

Arrival to Shanti after 2 pm

5:00—6:00 pm : YOGA FOR TRAVELLERS

6:30 pm: DINNER

8:00—9:15 pm: OPENING CIRCLE and WELCOME!

9:30 pm: SILENCE until after morning breakfast

### **Friday**

7:00—7:30 am: \*OUTDOOR MORNING MEDITATION

7:30 am: SILENT SELF-SERVE BREAKFAST

9:00—11:00 am: ENERGIZE YOGA CLASS (theme for each day plus asana and mantra)

12:00 pm: LUNCH AND FREE TIME

1:15—1:30 pm: DIGESTION DANCE (optional but recommended!)

3:00—4:00 pm: CREATIVE ACTIVITY (optional but recommended!)

4:30—5:30 pm: GENTLE YOGA AND PRANAYAM (breath work)

6:00 pm: DINNER

8:00—9:15 pm: RESTORATIVE YOGA AND YOGA NIDRA

9:30 pm: SILENCE until after morning breakfast

### **Saturday**

7:00—7:30 am: \*OUTDOOR MORNING MEDITATION

7:30 am: SILENT SELF-SERVE BREAKFAST

9:00—11:00 am: ENERGIZE YOGA CLASS

12:00 pm: LUNCH AND FREE TIME

2:30—3:30: YOGA Q & A (optional—ask about anything!)

4:30—5:30 pm: YIN YOGA

6:00 pm: DINNER IN SILENCE—Mindful Eating

8:00—9:15 pm: EVENING PROGRAM (more details to come!)

9:30 pm: SILENCE until after morning breakfast

### **Sunday**

7:00—7:30 am: \*OUTDOOR MORNING MEDITATION

7:30 am: LIGHT BREAKFAST IN SILENCE

8:30—10:30 am: ENERGIZE YOGA CLASS and CLOSING CIRCLE

11:00 am: SHANTI BRUNCH

12:00 pm: CHECK OUT AND DEPARTURES UP TO 2 PM.

*\*Weather permitting. Schedule subject to modification.*

ANNE STUBBS, E-RYT500, FIS, RP-CRA

C.R.E.A.T.E



## ABOUT ANNE DAYA ANANDI STUBBS



Anne (Daya Anandi) is a devoted Yoga and Meditation Teacher and Student in the Ottawa area with over 20 years experience in the fields of fitness, yoga, and wellness. Her holistic classes and retreats are a blend of many disciplines and offer students opportunities to connect with body, mind, and Spirit in creative and unique ways. Her ongoing studies with various masters in Canada, the U.S, and India have given her deeper insights into yoga philosophy, Ayurveda, energy work, Reiki, mindful movement, stress reduction, and healthy living. As she applies her learning to daily life, she joyfully shares the wisdom gained from direct experience and teaches from the heart.

Contact Anne at *Yoga In My Backyard* at [yogaimby@gmail.com](mailto:yogaimby@gmail.com) and follow her blog at [www.yogaimby.com](http://www.yogaimby.com)



*Yoga, love, life... in my backyard and beyond*