



## **KUNDALINI YOGA & MALA MAKING RETREAT**

*Shanti Retreat, Wolfe Island, Kingston, ON with Lynn Clyde*

*Friday, August 23<sup>rd</sup> – Sunday, August 25<sup>th</sup> 2019*

**3-4 Shared - \$415+hst**

**Semi-Private (2) - \$465+hst**

**Shanti Tent - \$390+hst**

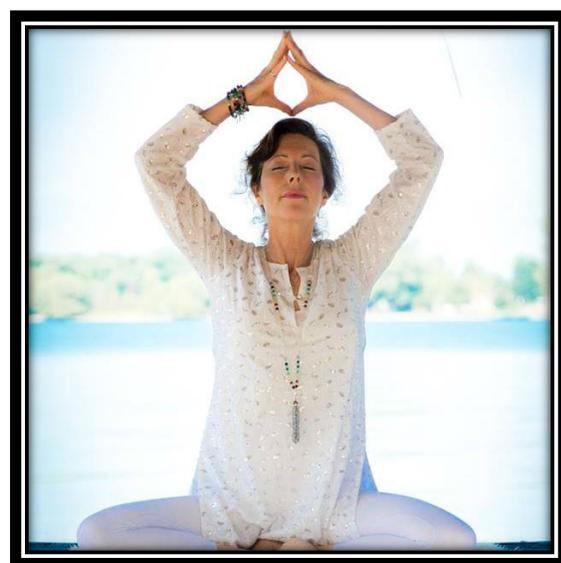
**Personal Tent - \$365+hst**

Join Lynn Clyde (Manmeet Kaur) for a 3-day kundalini yoga and mala making retreat. This all-levels retreat includes 3 yoga classes, a mala workshop, morning sadhana (yoga/meditation/mantra), gong baths, a mala meditation, nutritious vegetarian meals and an infrared sauna session. The mala workshop is optional for an additional **\$40+hst**.

Kundalini yoga incorporates asana (postures), pranayama (breath work), mudra (hand gestures) and mantra. These transformational ancient teachings, kept secret for thousands of years, build physical vitality and increase consciousness. The kriyas work on strengthening your nervous system, balancing your glandular system, purifying the body and calming the mind.



For an additional **\$40+hst**, you will have the option of creating your own one-of-a-kind traditional mala necklace with 108 semi-precious gemstones, silk cord/tassel and Swarovski crystal guru bead. Many gemstones and tassel colors to choose from.



Lynn Clyde, owner of Devani Jewels, designs yoga-inspired jewelry made with semi-precious gemstones, Swarovski crystals and sacred symbols. She has been practicing Kundalini yoga for 13 years, and completed her KRI Teacher Training with Gurmukh Kaur Khalsa in Rishikesh, India.

# Schedule

## Friday:

Arrival after 2 pm

500-615 pm      Yoga in the yurt  
630 pm            Dinner  
800-900 pm      Part 1 Mala Workshop or free time  
900-945 pm      Gong Bath

## Saturday:

600-800 am      Sadhana (yoga/meditation/mantra)  
800 am            Self-Serve Breakfast  
1000-1200 pm    Part 2 Mala Workshop or free time  
1230 pm          Lunch  
130-430 pm      Free time  
430-600 pm      Yoga  
630 pm            Dinner  
800-900 pm      Part 3 Mala Workshop or bon fire  
900-945 pm      Gong Bath

## Sunday:

Light Breakfast Available Upon Rising

730-800 am      Mala meditation  
900-1030 am     Yoga  
1100 am          Brunch  
1200 pm          Check Out of Rooms  
Stay and Enjoy the Property until 2 pm

Those who chose not to participate in the mala workshop can use this time for the sauna, massage, reiki, labyrinth, kayaking, swimming, bon fire, etc.



**To Register:**

**Contact Shanti Retreat [info@shantiretreat.ca](mailto:info@shantiretreat.ca) 613-777-0247**