



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

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

*Friday, August 21<sup>st</sup> – Sunday, August 23<sup>rd</sup> 2020*

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

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

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

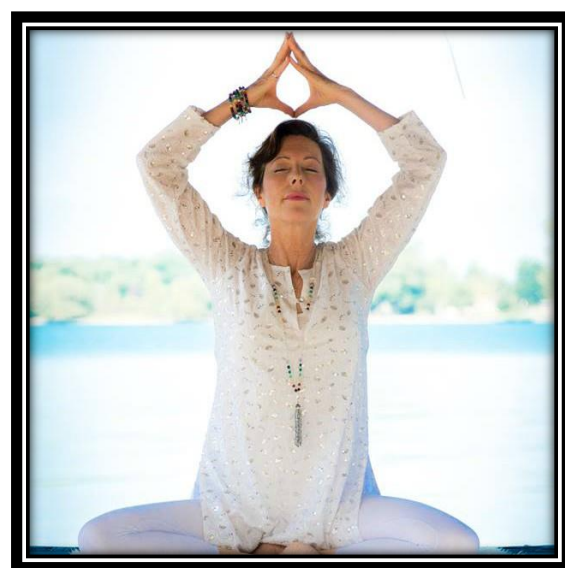
**Personal Tent - \$365+hst**

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**.

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** (paid on arrival) you 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. Various gemstones and tassels 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 almost 15 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

745-845 pm Part 1 Mala Workshop/free time (Green Tara Room)

900-945 pm Gong Bath (Yurt)

## Saturday:

600-800 am Sadhana (yoga/meditation/mantra) – (Yurt)

800 am Self-Serve Breakfast

1000-1200 pm Part 2 Mala Workshop/free time (Green Tara Room)

1230 pm Lunch

130-430 pm Free time

430-600 pm Yoga (Yurt)

630 pm Dinner

745-845 pm Part 3 Mala Workshop (Green Tara) or bon fire

900-945 pm Gong Bath (Yurt)

## Sunday:

Light Breakfast Available Upon Rising

730-800 am Mala meditation (Yurt)

900-1030 am Yoga (Yurt)

1045 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**