

AUTUMN YOGA RETREAT FOR WOMEN Sept. 24 - 27, 2020

LIGHTEN UP!

Bring a little more light and buoyancy to your body, mind, and soul! Join Anne Stubbs, on an extended weekend of self-care designed to help you connect with your inner radiance and SHINE YOUR LIGHT! Through various styles of yoga, meditation, pranayama, mantra, creative activities, connecting with nature, downtime and fun time, and with Shanti's nourishing food, we will energize our bodies, relax our minds, soothe our hearts, and lift our spirits in the company of like-minded women! Periods of silence will be included to enhance our self-study.

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, 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 ACTIVE WOMEN WHO HAVE HAD SOME EXPERIENCE WITH YOGA; HOWEVER, OPTIONS WILL BE GIVEN FOR ALL LEVELS.



RATES:

Shared (3-4 guests) —\$590 + HST

Semi-private (2 guests) —\$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

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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: RISE AND SHINE YOGA (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: RESTORATIVE AND YOGA NIDRA

6:00 pm: DINNER

8:00—9:00 pm: *OUTDOOR CANDLELIGHT MEDITATION

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: RISE AND SHINE YOGA

12:00 pm: LUNCH AND FREE TIME

2:30—3:30: YOGA Q & A (optional—a yoga conversation!)

4:30—5:30 pm: YIN YOGA

6:00 pm: DINNER

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—10:15 am: RISE AND SHINE YOGA and CLOSING CIRCLE

10:45 am: SHANTI BRUNCH

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

**Weather permitting. Schedule subject to modification.*

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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, and is delighted to be offering her sixth retreat at Shanti! Her holistic classes and retreats are a blend of a variety of 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* - yogaimby@gmail.com
www.yogaimby.com



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