

Spring Dharma Yoga Immersion

7-9 June, 2019

Pine & Birch Ranch

La Pêche, Quebec



This weekend immersion offers you a beautiful, unforgettable and enriching experience, in an exceedingly idyllic and inviting environment. If you are ready to fully embrace the entire spectrum of practices and teachings that exist in yoga, this is where it's at!

- Sri Dharma Mittra

You owe it to yourself to discover Dharma Yoga, if you are looking to bring more substance into your practice. It is a lineage that presents clear direction on how to make steady and rapid progress on your path to Self-realisation. While the scope of the curriculum is vast and the level of engagement is intense, the experience is immensely enlightening and satisfying. You will also be provided with plenty of practice resources, enabling you to continue your exploration of the yogic techniques at home. One of the best take-aways of this weekend? Most decidedly the people that you will meet: like-minded, loving and light-filled souls just like you, who are eager to join and support you on your yogic journey. We look forward to welcoming you into the global Dharma Yoga family!

Your Retreat Package Includes

A comprehensive, structured yoga program

All meals, including 2 light breakfasts and 2 lunches (Sat/Sun) and 2 potluck themed dinners (Fri/Sat), plus snacks throughout the day

On-site lodgings for Friday and Saturday night

Lodgings are available on site at the ranch house, which sleeps up to 14 guests. There are 4 bedrooms of varying sizes, thus providing different shared sleeping arrangements. For more details, please refer to the website,

<http://pineandbirch.ca>