

What Participants Need To Know

Participants are responsible for their own transportation; carpooling is encouraged! Please feel free to contact the retreat leader if you need help in finding a ride.

Participants should aim to arrive on Friday between 15:00 and 17:00. Departure time on Sunday is from 17:30 onwards. We kindly request that guests leave their respective living quarters in the same, tidy condition as found upon arrival.

A minimum deposit of 50% is due on or before 24 May 2019. Full refunds can only be issued up until this date. Cancellation requests that are received from 25-30 May will be subject to a charge of 50% of the retreat price. Regrettably, refunds are not possible beyond this period.

The Experience

Your weekend program consists of the following *yoga* activities:

Friday 7 June, 2019

Sunset flow - mellow yoga practice

Opening satsang

Saturday 8 June, 2019

Early morning pranayama and meditation

Spiritual teachings and psychic development

Two physical practice sessions - posture clinic and Maha Shakti ('Great Energy') flow

Yoga nidra - deep relaxation healing method

Free time to enjoy the property amenities

Kirtan

Sunday 9 June, 2019

Pranayama and meditation practice

Spiritual discourse

Two physical practice sessions - partner yoga and Divine Unity flow

Yoga nidra

Free time to enjoy the property amenities

Closing satsang



Pricing

Total Weekend Cost	\$275
Saturday all day & evening program only	\$90
Sunday all day program only	\$75
Saturday evening (potluck & kirtan)	\$15
Overnight stay (per night)	\$40
20 minute massage (optional, extra fee)	\$20

Payment Methods

Cash, cheque or e-transfer (please send to justinehoang@sympatico.ca)

Questions?

Please contact Justine via phone (613.878.0302) or email (see *Payment Methods* section above)