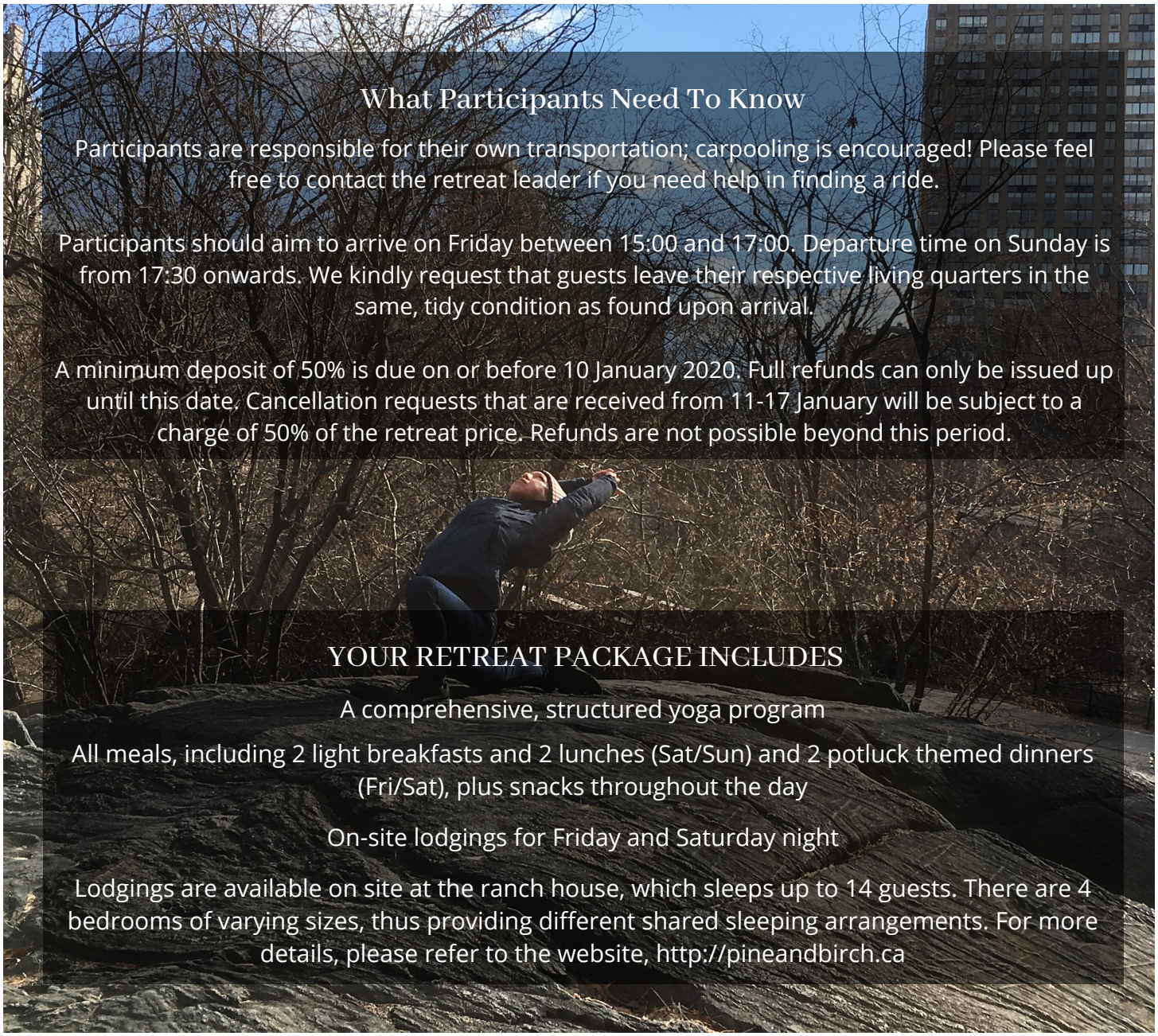
Dharma Yoga

The first step in attaining liberation from suffering is to cultivate a strong desire for it. With this desire comes an enthusiasm that incites one to set the course for action, and the motivation to adhere to the plan of strict observance of the ethical rules and constant practice.

Through this yoga immersion, you will learn some powerful yogic methods and teachings which aim to ignite your interest and fuel your motivation for practice. After all, in order to overcome our difficulties, we must have a strong thirst for the knowledge that frees us from our suffering.

You will be welcomed into a community of caring, like minded beings who are eager to support and encourage you. We go out of our way to ensure a warm, respectful and safe environment for everyone, so that every participant is made to feel part of our loving family! Whether you are seeking guidance on how to advance further in your yogic path, establish a consistent practice, or diversify your knowledge base on spiritual teachings, you will find this to be a highly enriching experience. Join us and reap the profound benefits!



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 10 January 2020. Full refunds can only be issued up until this date. Cancellation requests that are received from 11-17 January will be subject to a charge of 50% of the retreat price. Refunds are not possible beyond this period.

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

"DEVELOP A STRONG DESIRE FOR LIBERATION." ~ SRI DHARMA MITTRA