

YOGA & AYURVEDA RETREAT

April 29 - May 1, 2011

Movement & Meditation ~ Magic & Mystery

Self Realization: Through postures (asanas), breath work (pranayama) and meditation (dhyana) as well as Self-inquiry, we will explore the wisdom of our inner selves within our bodies, minds, emotions & spirits.

AYURVEDA Training: Deepen your understanding of your *Dinacharya* (lifestyle), *Dosha* (constitution), *Prakriti/Vrikriti* (imbalances), *Ahara* (proper diet), *Balaardh* (proper exercise).

\$450.00* plus \$25 donation for the Sweat Lodge Ceremony

**Early registration savings- \$100 by February 28, 2011*

(Price based on shared accommodation)

Friday	7:00 pm - 9:00 pm	introductions & meditation
Saturday	9:30 am - 5:30 pm	practice & a SWEAT
Sunday	9:30 am - 4:00 pm	practice & walking contemplation

Personal Practice: 6:00 a.m. pranayama & meditation and 7:00 a.m. silent walking meditation (weather permitting) or asanas.

Program based on **Ayurvedic** principles, including meals as much as possible. Please bring special foods if needed.

Add \$50 to arrive Thursday evening after 7:00 or to stay Sunday night.
Private yoga, yoga therapy & **Yoga Nidra** sessions available—Friday.
Reflexology/Reiki treatments also available - Friday. Please call Janet.

Meal Discount: \$50 - If you want to bring a main vegetarian, organic (amap) dish for 10+ people.

*Please bring sleeping bag or twin sheets & towels (pillows & comforters available), your journal, yoga mat & a meditation shawl/cushion, ground blanket, along with **all-weather** clothes & footwear for walking the trails and the Labyrinth, or meditating in the rock vortexes.*

Please no scented products e.g. perfumes/lotions etc. (100% pure essential oils are safe.) Thank you. Your consideration is appreciated.

Whispering Winds

We can't change the wind ~ but we can adjust our sails!

To register please call Lanee @ 705-293-0436

lanee@sailsentient.ca

www.sailsentient.ca

Location: **NATURE'S RETREAT** in Caledon
9724 Sideroad 5, West off Winston Churchill
(north of Old Base Line Road & Terra Cotta)
Janet & Rocky - 519-833-9416
Thursday & Friday evening - 519-833-2172