



OCT
27-29
2017

Relax, Rejuvenate, Restore!

SHANTI YOGA RETREAT, Wolfe Island, Kingston, ON

Take a break this fall to immerse yourself in yoga! This weekend retreat is the perfect opportunity to delve deeper into your yoga practice. Join longtime instructor Kellie Dearman for her 12th retreat at Shanti! She invites new and practiced students to explore yoga and meditation in a dedicated setting, while also taking time for rest and stillness at this exquisite island getaway! Shanti is located on Wolfe Island, just a short ferry trip from downtown Kingston.





During this retreat, yoga will range from gentle to slightly challenging. Everyone will be encouraged to be aware of their personal boundaries, to work to own best ability, and to be mindful of their emotional well-being. Discussions will focus on the

connection between breathe/body as we explore our physical practice, as well as the deeper connection between mind and spirit. Over the course of the weekend we will explore hatha, yin, restorative, yoga nidra, meditation and pranayama. This retreat is running concurrently with a Reiki 1 training, so Reiki Master Kimeiko Dover will treat us to an intro to Reiki the first evening.

Shanti's idyllic setting is perfect for a weekend of introspection. During free time you can settle in a comfy couch with a book and cup of tea, or sit near the crackling fire in the main lodge. You might also choose to explore the onsite labyrinth, take a hot sauna, or explore the many aspects of beautiful Wolfe Island. Or, simply treat yourself to an afternoon nap! Do as much or as little as you like on this weekend focused on restoration of mind, body and spirit! Open to yogis at all levels.

"Peaceful...authentic, non-judgmental, strong and mindful!! Very encouraging!! Kellie, you teach people how to be o.k. with themselves.
~Tammy O, Stirling

Your Retreat Host

Kellie Dearman has been teaching yoga for 12 years and runs retreats and trainings 3-5 times yearly. Her gentle hatha style encourages variations and adaptations for every body and is also sensitive to trauma and stress-related conditions. She also provides one-on-one and small group mindfulness and moving meditation practices through Trent View Counselling. More info at: awareyoga.com

Meals and Accommodation

Shanti provides two delicious vegetarian meals daily, and a self-serve breakfast or morning snack. Coffee is available in the morning, and tea all the time. If you have any major dietary restrictions, please let us know in advance. The retreat experience involves getting to know others with similar interests, so please be prepared to share accommodation if coming on your own. If you plan to attend with friends, please let us know ahead of time. A very small number of rooms are available for semi-private bookings.



How to Get There

The free 20-min car ferry to Wolfe Island leaves from downtown Kingston every Friday afternoon on the hour. Try to arrive at least 1 hr early to ensure you get on the ferry of your choice. Check return schedule for departures. wolfeisland.com

Yoga Retreat Rates

Shared Rooms:
(3 or 4 per room)
\$350 per person (no HST), includes all meals and sessions.

Semi-private:
\$400 pp (2 per room)

\$100 non-refundable deposit due on booking. Balance due **Oct 13**

To book please contact:
Kellie Dearman
613-395-4977 or
info@awareyoga.com

Special Note:

This retreat may be of interest to friends of people taking Reiki 1 concurrently with Kimeiko Hotta Dover. If you are interested in learning more about Reiki, please go to:

kimeiko.com

RETREAT SCHEDULE

FRIDAY

- 2:00 Arrive any time after 2pm and get settled
- 5:00-6:30 Gentle Hatha Yoga
- 6:45 Dinner
- 8:30 Opening Circle / Intro to Reiki and Meditation (Kimeiko)

SATURDAY

- 7:30 Self-Serve Breakfast
- 9:00-10:30 Morning Hatha Yoga
- 10:30-11 Introduction to Meditation
- 12:00 Lunch
- 1:00 Free Time / Explore Labyrinth for meditation
- 3:30 Exploring Pranayama
- 4:15-5:30 Yin Yoga
- 6:00 Dinner
- 8:00 Restorative and Yoga Nidra

SUNDAY

- 7:30 Light morning snack
- 8:30-9:00 Meditation
- 9:00-10:30 Gentle Hatha Yoga
- 10:45 Brunch
- 12:00 Closing Circle/Group Photo
(ferry departure times are 1:15, 2:30, 3:30)



Find out everything you need to know about Shanti at:
shantiretreat.ca