

iRest Yoga Nidra Training



Through body-sensing (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.

Movement & Meditation ~ Magic & Mystery

October 22 - 24, 2010 \$550.

- A \$250 non-refundable deposit is required to reserve your space along with a post dated cheque for the balance. (shared accommodation)
- Add \$50 to arrive Thursday evening after 7:00.
- Private yoga, yoga therapy & yoga nidra sessions available—Friday.
- Reflexology/Reiki treatments with Janet also available.

Friday evening	7:00 - 9:00	<i>Introductions & Session 1</i>
Saturday	9:00 - 4:00	<i>Sessions 2, 3 & 4</i>
	7:00 - 9:00	<i>Session 5; Discussion</i>
Sunday	9:00 - 4:00	<i>Sessions 6 & 7; Closing</i>

Personal Practice: 6:00 a.m. asana; 7:00 a.m. silent walking meditation or pranayama & meditation.

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

*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.*

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


Self Realization