

# *Silent Yoga and Meditation Retreat*

**May 11-18, 2018**

Sugar Ridge Retreat Centre, Wyebridge, Ontario

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For more information or to register:

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We use Eastern traditions to guide us deeper into our own awareness, offering a mindful, spiritual process for healing and evolution.

In our silence we will invoke the energies of renewal and rebirth as we experience spring in forested trails. Maybe find inspiration in the freshness and newness of the season, and ride the waves of peace that the woods have to offer. We sit in our own silence, within sacred community, among others of like mind and intention. In the group we are silently encouraging each other forward in our healing and evolution.

Through extended time in silence we not only let the noise of our busy lives fall away, but we soon experience the quieting our mental chatter. As we begin to find moments of stillness, we are able to get behind the stories and agendas of the fearful mind that we unwittingly follow, providing insight, choice and even release.

Toni will offer daily contemplations and reflections to help guide you on your journey inward. When we sit in meditative spaces, our intuitive self takes inspirational words and ideas to the next level, finding and feeling the depth of universal wisdoms.

Natalie will be leading you through your Hatha postures and breath work during the day, facilitating a practice that will assist in circulating the energies and releasing the tensions of the body. In the evening, gentle Yin, Restorative asanas, and Yoga Nidra will continue to direct you towards surrender. All practices assist in calming the sympathetic nervous system allowing our being to process and let go.

As the mind releases, the body releases, and tensions and stressors, narratives and histories that we hold in our body are often allowed to fall away. Allow the quiet and the routine to take you to new places or to just get deeper into Self.

This will be a technology free week. Please leave the location and phone number of Sugar Ridge with a contact person in case of an emergency.

# Retreat General Information

## Tentative Retreat Schedule

Friday May 11

3:30pm - 5:00pm Arrival

5:30 - Dinner and opening discussion

8:30 - Silence

Saturday – Thursday

am

7:00 - Meditation

7:30 - Breakfast

8:00-10:00 - Unscheduled time or session

10:00-12:00 - Asana/Meditation

pm

12:00 - Lunch

1:00 - 3:00 - Unscheduled time or session

3:00 - 5:00 - Meditation and check in

5:30 - Dinner

7:30-8:30 - Evening meditation, yoga

Friday May 18

7:00 - Meditation

7:30 - Breakfast

8:00-9:30 - Unscheduled time

9:30-11:00 - Meditation and Asana

11:00 - Break silence/debrief

12:00 - Lunch and check out

Visit [www.sugaridge.ca](http://www.sugaridge.ca) to learn more about the centre including maps and directions.

## Retreat General Information:

Located at Sugar Ridge Retreat Centre on Forgets Rd in Wyebridge, Ontario.

Please arrive and check in between 3:30-5:00 pm on May 11th. We will have dinner together at about 5:30 pm, followed by brief introductions, discussion about expectations and routine, and then initiate silence after a meditation at approximately 8:30pm.

Enjoy shared cabins that are intentionally simple, yet comfortable. Beds are comfy and duvets are snuggly. Each cabin has lots of natural light, electricity and are heated for the cooler weather. Cabins are less than a minute walk from the retreat centre & washroom facilities.

Yoga & meditation sessions will be appropriate for all levels.

**Investment:** \$1200 plus HST. A deposit of \$250 due upon registration. Full fee is to be paid by March 1<sup>st</sup>, 2018.

**Payment Methods:** Cash, e-transfer or Visa or Mastercard. Please indicate at time of registration which form of payment is preferred.

**Cancellations/refunds:** The deposit and the full registration fee are non-refundable. If the retreat is cancelled for any reason by the provider, full refund will be issued.

***Packing lists and any final reminders will be sent out prior to the retreat.***

Facilitated by: Toni Gordon, Registered Psychotherapist, Ayurvedic Counsellor, Yoga and Meditation Teacher and Natalie Pearson-Workman, Yoga and Meditation Teacher



[www.tonigordon.com](http://www.tonigordon.com)

Western & Ayurvedic Psychotherapy