



JULY  
**16-19**  
**2018**

# *Relax, Rejuvenate, Revive*

## A Midweek Yoga Getaway

### **SHANTI YOGA RETREAT** **Wolfe Island, Kingston, ON**

#### **... w/Reiki Master Alex McLeish**

Reiki is a gentle hands-on technique which supports physical, emotional, mental and spiritual healing. During this retreat you can opt to take a reiki treatment from Alex. To find out more, or to book directly please go to:

**[imagesweet.com](http://imagesweet.com) or email  
[adeuters@rogers.com](mailto:adeuters@rogers.com)**

Take a break midweek and join teaching partners Kellie Dearman and Brendon Abram at Shanti, Ontario's premier yoga retreat. Shanti is located on Wolfe Island, just a short ferry trip from downtown Kingston. We invite new and practiced students to enjoy yoga, the sun and the water at this glorious island getaway!

During this retreat, yoga will range from very 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 mind and body as we explore our physical practice, as well as the deeper connection between mind and spirit. Over the four days, we will explore hatha, yin, yoga nidra, meditation and pranayama. There will be plenty of opportunity to explore a variety of meditation techniques. This retreat is open to yogis at all levels.



Shanti's idyllic setting makes for the perfect escape. Located on the shores of the St. Lawrence River, Shanti has something for everyone! There is plenty to do even when you are not practicing yoga. During free time you can take out a canoe or kayak, play on the water-trampoline, explore the island, or just hang out in the sun or shade

with a good book. Take advantage of the many indoor and outdoor places to relax (or nap!), including several hammocks and a meditation labyrinth. Shanti also has a lovely store to explore!

### Your Retreat Hosts



Kellie Dearman has been teaching yoga for 13 years in Belleville and Stirling. Her gentle hatha style encourages variations and adaptations for every body. Brendon Abram, RYT, is the founder of Get Yoga, a thriving studio in Trenton. Both are certified in Trauma Sensitive Yoga. Their complimentary styles focus on present moment awareness by using breathe and body as your personal guide.

### Meals and Accommodation

Shanti provides six large, delicious vegetarian meals with much of the produce grown onsite and a self-serve breakfast or morning snack. Tea is available at any time. If you have 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 with a small group if you are coming on your own. If you plan to attend with friends, please let us know ahead of time. A small number of rooms are



### 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](http://wolfeisland.com)

### Rates

Shared Rooms:  
(3 or 4 per room)  
**\$525** per person plus HST, includes all meals and sessions.

Semi-private:  
(2 per room)  
**\$600** pp plus HST, includes all meals and sessions.

**\$100** non-refundable deposit due on booking. Balance due **July 2**

To book please contact:  
Kellie Dearman  
613-395-4977 or  
[awareyoga@icloud.com](mailto:awareyoga@icloud.com)

# RETREAT SCHEDULE

## MONDAY

- 2:00 Arrive any time after 2pm and get settled
- 4:00-5:30 Gentle Hatha Yoga
- 6:30 Dinner
- 8:30 Opening Circle / Intro to Reiki and Meditation (Alex)

## TUESDAY

- 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
- 3:30 Exploring Pranayama
- 4:15-5:30 Hatha Yoga Flow
- 6:00 Dinner
- 8:00 Yoga Nidra w/Kellie



## WEDNESDAY

- 7:30 Self-Serve Breakfast
- 9:00-10:30 Morning Yin Yoga
- 10:30-11 Walking or outdoor Meditation
- 12:00 Lunch
- 1:00 Free Time
- 3:30 Labyrinth Meditation
- 4:15-5:30 Hatha Yoga Flow
- 6:00 Dinner
- 8:00 Restorative Yoga w/ Brendon

## THURSDAY

- 8:00 Light morning snack
- 8:30-9:00 Meditation
- 9:00-10:30 Gentle Hatha Yoga
- 10:45 Brunch
- 12:30 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](http://shantiretreat.ca)