

With TÉA and SANDRA



Téa's life is devoted to the physical, psychological, energetic and spiritual benefits offered through the practice of yoga. With a focus on mindfulness, Téa draws inspiration from Moksha, Iyengar, Jivamukti, Ashtanga, Vinyasa, and Yin yoga. Téa continues to study Psychology and Philosophy and has had formal training in Moksha yoga, Yin yoga, Prenatal yoga and Thai yoga massage. Together with an open heart and a beginner's mind, Téa continues to pursue her yoga studies and with compassion, pass on her knowledge and experience.

Sandra is an instructor, healer and devoted pupil of yoga. In the early 90's Sandra began to follow the path of wholistic work while attending University of Quebec in Trois-Rivieres, Quebec. Sandra explored many spiritual avenues while studying at the Esalen Institute, Big Sur, California, healing work and meditation led her to travel India, South America, Europe. In 1995 Sandra opened her first studio in Montreal, Quebec, Canada. Shortly afterwards Sandra released her first yoga and meditation DVD. Currently Sandra resides in the Toronto area, sharing her spiritual practices through yoga nature retreats throughout Canada etc.

Yoga Nature

Weekend Retreat

Sugar Ridge

November 19-21 *schedule noted on reverse*

to rejuvenate
and elevate...

416.788.0064
retreat@live.ca



Schedule

Friday night

07 :00 Welcome and orientation
07 :30 Settle-in yoga practice
09 :00 Guided meditation

Saturday

06 :30 Guided sunrise meditation
07 :00 Yoga practice
08 :30 Breakfast
09 :30 Yoga practice
11 :00 Enlivening Chakras
12 :30 Lunch and free time
02 :30 Yoga practice
04 :00 Energy and body work
05 :30 Dinner and free time
07 :30 Yoga dance
09 :00 Guided meditation

Sunday

06 :30 Guided sunrise meditation
07 :00 Yoga practice
08 :30 Breakfast
09 :30 Yoga practice
11 :00 Enlivening Chakras
12 :30 Lunch and free time
02 :30 Yoga practice
04 :00 Closing meditation

Your all-inclusive weekend retreat includes:

- 🌿 Yoga classes, guided meditation , body work
- 🌿 Healthy meals 🌿 2 nights within a calm, peaceful setting

\$440 total per person. *Full payment is due at time of registration. Please note 30 days cancellations will be subject to a fee of \$40.*

With free time to take in the charming nature at Sugar Ridge Retreat Centre.