



RESONANCE

yoga + sound + nature retreat

with Megan Marie Gates

RESONANCE

movement medicine - sacred sounds - forest bathing

YOUR RETREAT:

Join yoga teacher + sound worker Megan Marie Gates for a weekend of movement medicine, sound healing, and forest frequency at **Harmony Dawn Eco Retreat Centre** in Northumberland County.

Together, we will tune into our greatest resonance with movement and sound rituals surrounded by nature, with much opportunity to rest and rejuvenate. Step into the depth of Spring by planting seeds of intention on this nourishing weekend!

DATES:

Friday, April 21st - Sunday, April 23rd

LOCATION:

Located less than 2 hours away from Toronto, Harmony Dawn is an off-the-grid eco centre surrounded by forest atop Rice Lake in Northumberland County. Please click **here** for more information about this beautiful space for our retreat!

INVESTMENT:

\$350 + HST - early birdy price - until March 15th

\$380 + HST - regular price - after March 15th

full payment must be made to secure your spot! If you are needing a payment plan, email me and we can discuss options!

* refund policy:

3+ months notice - refunded your full payment.

2 months notice - refunded 1/2 of payment.

1 month notice - no refunds given * your spot can be passed on to someone else *



SAMPLE SCHEDULE:

FRIDAY

- 4:00pm - arrival
- 5:00pm - gathering - welcome
- 6:00pm - dinner
- 7:30pm - slow flow / intention setting / opening ritual

SATURDAY

- 7:00am - sunrise meditation
- 8:00am - light breakfast
- 9:30-11:30am - flow yoga + sound work
- 12:00pm - lunch
- 1-4:00pm - solo time / day dream / creative time
- 6:00pm - dinner
- 7:30pm - Sound Bath + Meditation
- 8:30pm - campfire

SUNDAY

- 7:00am - sunrise meditation
- 8:00am - light breakfast
- 9-10:00am - movement practice / crystal bowl meditation
- 10-11:15am - sharing circle / song / closing ritual
- 11:30am - brunch
- 1:00pm - gather + send off!

To keep this retreat intimate and to provide the space for greater connectivity with one another, space is limited for RESONANCE.

If you have questions, please connect with me **here**.



I look forward to spending this beautiful weekend with you!

