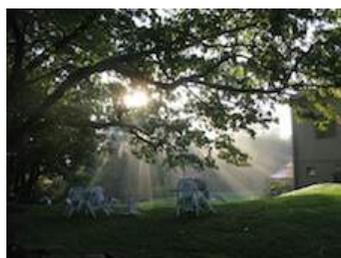


MAY
26-28
2017



MINDFUL YOGA

A Weekend Retreat

Harmony-Dawn Eco Retreat Hastings, Ontario

Join long-time instructor Kellie Dearman for a weekend of yoga and mindfulness! Yoga is a practice of self-discovery. And mindfulness is the practice of

being present for each moment. Over the course of this retreat we will practice awareness of the connection between mind, body and breath, experiencing life as it happens, breath by breath, moment by moment.

During this weekend, you will also have the opportunity to experience a reiki session with Reiki Master Kimeiko Hotta Dover. For info, go to www.kimeiko.com





Harmony Dawn Eco-Retreat in Northumberland County is a magical place. It's the perfect venue to explore your connection with yourself and the natural world all around you. Experience the feeling of the earth beneath your feet and the fresh spring breeze against your skin during simple

walking meditation. Learn to bring the movement of your body in line with the flow of breath and feel the wonder of evolving your yoga practice into a form of moving meditation. Mindfulness meditation techniques will be breath-focused, and Yoga Nidra (guided meditation often called Yogic Sleep) will allow you to move even deeper into awareness of self. We will also further develop our skills of mindfulness as we savour exquisite food from Vegan Chef Nicola James. Weather permitting, we may experience the power of fire as a focus for meditation, at Harmony Dawn's stone circled fire-pit.

This retreat is open to yogis at all levels.

Your Retreat Host

Kellie Dearman has been teaching yoga for 12 years in Belleville and Stirling. She has facilitated or co-facilitated over 15 retreats over the years. Her gentle hatha style encourages variations and adaptations for every body. Kellie also teaches mindfulness, meditation and movement for those with trauma and other stress related conditions with Trent View Counselling in Trenton.



What to Bring

Harmony Dawn is off-grid. The beds and pillows are super comfy, but please bring your own single sheets, blankets (or a sleeping bag) and towels to avoid excess laundry at the facility. (If you would prefer to rent bedding from the facility, please let me know.) If you have special dietary considerations, please advise before-hand and bring food items necessary for your own comfort. If you are gluten free, Harmony Dawn asks you to bring along your own bread products. Please also bring your own yoga mat, or let me know if you need one.

Find out everything you need to know about Harmony Dawn Eco Retreat
www.harmonydawnontarioretreat.com

Weekend rate of **\$360** per person (no HST), includes shared accommodation, six vegetarian meals and all sessions.

\$100 non-refundable deposit due on booking.

Balance due **May 15**
Spaces are limited.
Please make sure to book early to avoid disappointment.

Kellie Dearman
613-395-4977 or
info@awareyoga.com

Meals and Accommodation

Harmony Dawn provides six meals. Coffee is available in the morning and tea throughout the day. Part of 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 attending on your own.

RETREAT SCHEDULE

FRIDAY

- 4:00 pm Arrive and get settled
- 4:45-6:15 RELAX! with Gentle Hatha Yoga
- 6:30 Dinner
- 8:00 Opening Circle / Yoga Nidra

SATURDAY

- 8:30 Breakfast
- 9:30 Introduction to Mindfulness Meditation
- 10:00-11:30 Morning Hatha Yoga
- 12:00 Silent Lunch
- 1:00 Free Time
- 3:30-4:45 Hatha Yoga Flow
- 4:45-5:30 Mindfulness Meditation
- 6:00 Dinner
- 7:30-8:30 Yin Yoga
- 8:45 Fire Centered Meditation (weather permitting)

SUNDAY

- 8:30 Silent Breakfast
- 9:30 Outdoor Walking or Sitting Meditation
- 10-11:30 Gentle Hatha Yoga
- 12:00 Lunch
- 1:00 Closing Circle/Group Photo
- 1:30 Free time, depart by 4pm

