

SELF-KINDNESS & YOGA RETREAT

*"A moment of self-compassion can change your day.
A string of them can change your entire life."
-Christopher Germer*



IN THIS RETREAT YOU WILL LEARN WAYS TO:

- Stop being so hard on yourself
- Handle difficult emotions with greater ease
- Motivate yourself with encouragement rather than criticism
- Incorporate mindfulness practices to cultivate compassion in relationships and everyday life

During this retreat, Marlene will introduce essential ideas and experiential key practices to cultivate compassionate presence as the foundation of self-kindness and healing relationships. Immerse yourself in daily yoga sessions led by Karen, and nourish yourself with vegetarian meals that cater to your overall wellness. Join a community of like-minded individuals, escape the hustle and bustle of daily life, and embrace the tranquility at Harmony Dawn Retreat Centre a custom designed green retreat centre, surrounded by 50 acres of rolling meadows and forests that are beautiful, organic, tranquil and healing.

Not only is this retreat a getaway, it's an opportunity to reset, recharge, and embrace a healthier, more vibrant you. This retreat is open to all who are interested in the practice and proven power of self-compassion and mindfulness. Meditation or yoga experience is not necessary to participate in this retreat. **All are welcome!**

MARLENE VAN ESCH

MSW, RSW



Marlene is a meditation teacher and psychotherapist in private practice. She is a certified mindfulness teacher and a graduate of Jack Kornfield and Tara Brach's Mindfulness Meditation Teacher Certification Program and is also a Trained Teacher of Mindful Self-Compassion (Kristen Neff & Christopher Germer).

DETAILS

2024 DATES

Friday, September 20 (4pm) to
Sunday, September 22 (4pm)

LOCATION

Harmony Dawn Retreat Centre
800 Baxter Rd, Hastings, ON K0L 1Y0
Approximately 2 hours east of Mississauga

RETREAT INCLUDES

- Mindfulness practices to cultivate self-compassion
- Yoga classes
- Two nights lodging
- Six delicious vegetarian meals

INVESTMENT

Early bird \$750 by August 1st
Regular \$950 after August 1st
\$250 non-refundable deposit to secure spot

REGISTRATION

To register or for more information,
please contact karen.cater11@gmail.com

KAREN CATER

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Karen started her yoga journey in 2002, and quickly fell in love. Through her practice, she has been able to cultivate stillness, strength and clarity. Karen completed her 200-hour Hatha Teacher Training in 2014 and Yin Teacher Training in 2019. She currently has over 2,000 hours of logged teaching time.