



**DISCOVER  
YOUR YOGA**

## **Fall Yoga and Meditation Retreat With Lindsay Vandenhurk September 21-23 2018**

**What:** Discover the beauty of Rice Lake in the fall on this relaxing and energizing self-care retreat guided by Lindsay Vandenhurk. Enjoy daily yoga classes, hiking, guided meditation by the lake, deep conversations, delicious organic cuisine and much more!

**When:** September 21<sup>st</sup>–24<sup>th</sup> 2018.  
Check in Friday at 4:00pm and check out Sunday at 3:00pm.

**Where:** Harmony Dawn Retreat Centre, Rice Lake.  
Harmony Dawn is an easy 90 minutes (without traffic) North-East of Toronto. It is nestled into the famous Northumberland Hills, minutes off scenic Rice Lake, which is part of the Trent-Severn waterway. The retreat property is situated on historically sacred Native land in an area noted for its unusually high oxygen levels. Harmony Dawn is committed to leaving a small footprint on our beautiful planet. They are completely off the grid, self-sufficient and are regarded as one of the “greenest” buildings in Canada.

### **Included:**

- 2 nights accommodation at Harmony Dawn Retreat
- 6 delicious, organic, vegetarian home cooked meals + snacks
- 4 yoga classes over the weekend taught by Lindsay
- Guided meditations and pranayama practices
- Hiking, fresh air, nature, evening campfires, workshops, deep conversations and more!



### **Sample Day:**

Wake up to the beautiful sounds, smells and sights of fall. Enjoy a 90 minute yoga class in the sun-filled studio followed by a delicious and nutritious breakfast in the silent dining hall. Meet the group for a morning hike down to the lake, a guided meditation and then enjoy some free time before lunch. Go for a swim, connect with new friends, read a book, walk the labyrinth or take a restful nap in the sunroom. An afternoon yoga class will be offered, outdoors if weather permits. After dinner, evening events like a yoga nidra meditation and campfire will be offered or enjoy a quiet night to yourself.





## Investment

Early bird pricing \$375 plus tax ends June 1<sup>st</sup> 2018. After June 1<sup>st</sup> \$400 plus tax. Payment methods accepted are VISA, Mastercard, cash, or e-transfer sent to [discoveryouryoga@hotmail.com](mailto:discoveryouryoga@hotmail.com) with password "fallretreat". Final payments are due September 1<sup>st</sup> 2018. A non-refundable deposit of \$100.00 is required upon registration. Full refunds minus the \$100.00 deposit will be given until September 1<sup>st</sup> 2018. No refunds after September 1<sup>st</sup> 2018.

## What to bring:

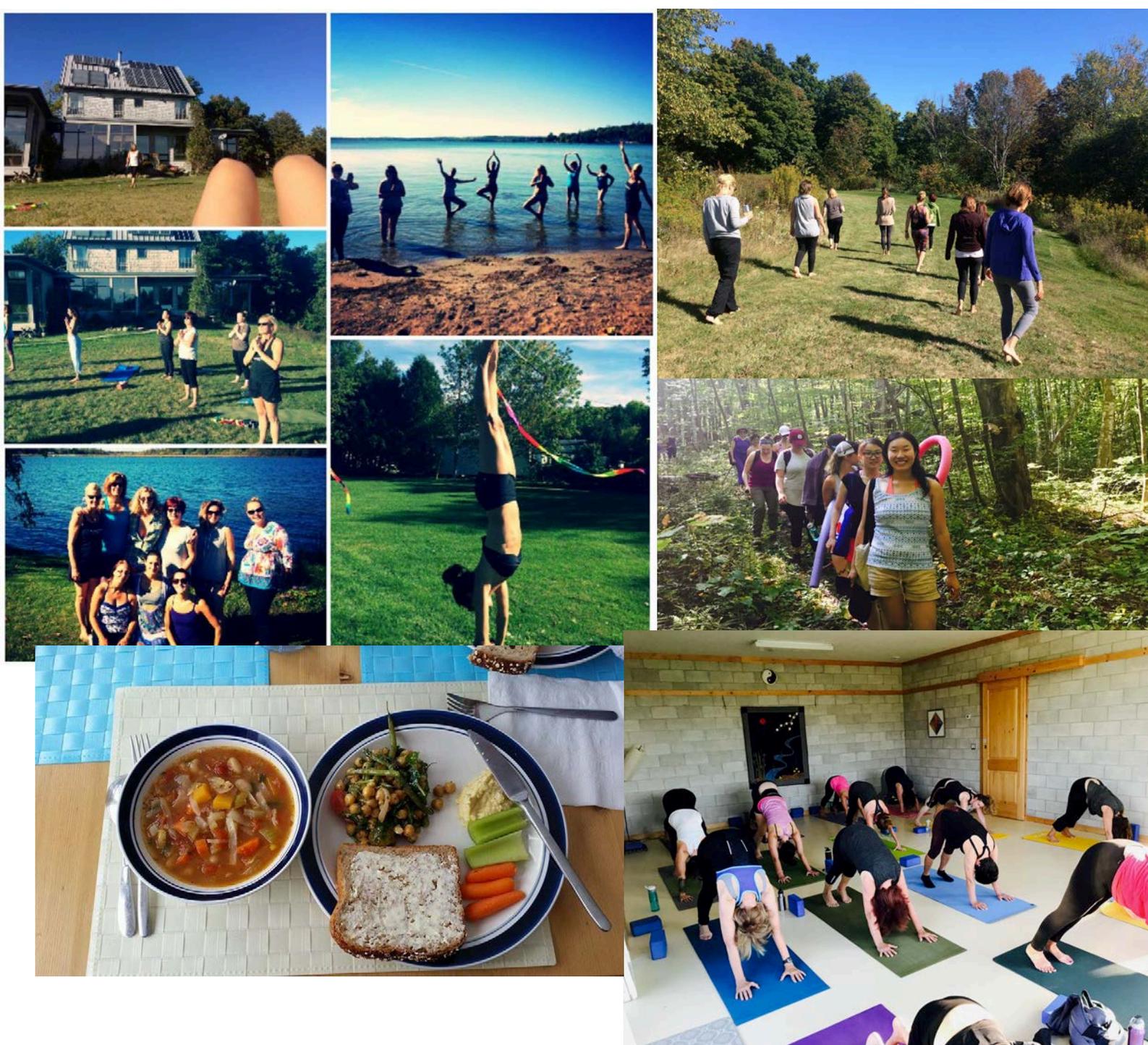
Yoga mat  
Yoga clothing, layers.  
Bathing suit  
Sunscreen/bug spray  
Comfortable hiking boots/walking shoes  
Indoor shoes or slippers  
Shower flip flops  
Towel  
Toiletries  
Bedding (single bed sheet, pillow case (Blanket and pillow provided)  
Water bottle  
Tumbler for coffee/tea  
Camera  
Journal/notebook/pen



## Other Notes:

- Room assignments will be assigned when you arrive. Please note that rooms are shared, 4 people to a room and if you are coming with a friend, we will do our best to make sure you are roomed together.
- If you have food allergies or sensitivities, please bring whatever supplements you might need and send me an email with specific details. Is it an Epi pen type of allergy, sensitivity or just a preference? Nicola needs to know this for when she is preparing our meals.
- Bedding is available to rent for \$10. Please let me know if you wish to rent so I can let Nicola know.
- Wifi is not available in the retreat setting but cell phone reception is clear. We encourage you to "unplug" and take a digital detox for the weekend. ☺





Spaces will fill up quickly, to register for this retreat or if you have any questions, please contact me. I look forward to sharing this transformational weekend with you! ☺



**Lindsay Vandenhurk**

Discover Your Yoga

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