



MINDFULNESS YOGA RETREAT

Harmony Dawn Retreat Centre

with Wendy Sammut

June 2-4, 2017

Join us for a weekend away at Harmony Dawn Retreat Centre located on Rice Lake just 90 minutes northeast of Toronto in Northumberland County. Harmony Dawn is a beautiful off-grid centre encompassing 50 acres of meadows and woods which offer a variety of walking trails and places to linger.

<http://harmonydawnontarioretreat.com/>

Throughout the weekend you will:

- Participate in Hatha Yoga, Meditation, & Mindfulness Practices that will leave you feeling strong, energized and refreshed
- Explore what it's like to truly experience calm in the midst of the busyness of life.
- Spend time allowing your practice to evolve & your awareness to deepen.
- Delight in the wonderfully delicious & healthy gourmet vegetarian food prepared by Harmony Dawn's Nicola Lawrence.
- In between sessions, you can choose to socialize, spend time alone, walk, sleep, journal or read.

Join us on retreat and step away from the demands of life. Unwind, unplug and be immersed in your own yogic experience.

TYPICAL RETREAT SCHEDULE

FRIDAY

| | |
|---------------|--|
| 4:00 PM & on | Arrival |
| 6:00– 7:00 PM | Light Stretching & Breathing |
| 7:15 PM | Dinner |
| 9:30 PM | Evening meditation & awareness of silence* |

SATURDAY

| | |
|-------------------|--|
| 7:30 8:00 AM | Morning meditation* |
| 8:15 AM | Breakfast |
| 10:00 AM-12:15 PM | Asana Practice |
| 12:30 PM | Lunch |
| 4:00– 5:30 PM | Reflective Asana Practice |
| 6:00 PM | Dinner |
| 9:30 PM | Evening meditation & beginning of silence* |

SUNDAY

| | |
|-------------------|--------------------------------------|
| 7:30-8:00 AM | Morning meditation & end of silence* |
| 8:15 AM | Breakfast |
| 10:00 AM-12:15 PM | Asana Practice |
| 12:30 PM | Lunch |
| 2:00 PM | Closing Circle |

WHAT TO BRING

- yoga mat, belt, blanket (if you need a mat or belt, please let us know)
- Bed linens & blanket/quilt or sleeping bag & pillow
- Towels, face cloths, personal hygiene items
- Seasonal clothing & footwear for walking & being outdoors
- Indoor shoes &/or slippers
- Flashlight
- Alarm clock

Please no perfume or heavily scented products (incense, candles, etc.) or alcoholic beverages.

COST

- Early Bird: \$375 + HST (\$423.75) **if paid in full By April 15, 2017**
- **OR**
- \$420 + HST (\$474.60)
- **Non-refundable** deposit of \$125 + HST (\$141.25) is **due at the time of registration.**
- Balance (\$339) due by **May 1, 2017**
- Price includes (shared) accommodation, 6 meals & all sessions

***Note: Morning & Evening Meditation may be held outdoors, weather permitting.**

Please dress appropriately for the time of year.

Mindfulness Yoga Retreat
Friday June 2, 2107 to Sunday June 4, 2017
Harmony Dawn Retreat Centre

REGISTRATION FORM

PLEASE PRINT CLEARLY

NAME _____

ADDRESS _____

CITY _____ POSTAL CODE _____

EMAIL _____

PHONE _____ CELL _____

EMERGENCY CONTACT

NAME _____ PHONE _____

COMMENTS/SPECIAL REQUESTS: _____

FOOD OR OTHER ALLERGIES? PLEASE LIST _____

DO YOU HAVE YOUR OWN YOGA EQUIPMENT? YES NO

DO YOU NEED A RIDE? YES NO CAN YOU PROVIDE A RIDE? YES NO

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- Balance (\$339) due by **May 1, 2017**
- Price includes (shared) accommodation, 6 meals & all sessions
- For PayPal, Credit Card or E-Transfer – go to www.wendysammut.ca to register.

REFUND POLICY

- The confirmation deposit of \$125 + HST **is non-refundable**.
- Cancellations made on or after May 1, 2017 (& before May 15, 2017) will be refunded a maximum of 50% of the amount paid (less the deposit fee).
- Cancellations made on or after May 15, 2017 are not entitled to any refund.
- *Please note:* if the retreat is cancelled by Wendy Sammut or Harmony Dawn Retreat all payment will be refunded.

I, the undersigned, agree to the terms & conditions of the refund policy as set out above.

NAME (PLEASE PRINT)

SIGNATURE

DATE

OFFICE USE ONLY

| | AMOUNT | DATE | METHOD | COMMENTS |
|---------|--------|-------|--------|----------|
| DEPOSIT | _____ | _____ | _____ | _____ |
| BALANCE | _____ | _____ | _____ | _____ |