

iRetreat at Harmony Dawn – Vinyasa Yoga & Meditation Retreat with Nicole K

May 5-7

Early Bird Rate \$340+hst

After Feb 20th \$390+hst

To secure your spot \$200 non refundable deposit

Limited space available

Shared Accommodations

Celebrate simplicity and start the Spring season on the right path by taking time to unplug from your busy lives and come together with likeminded people experiencing vitality from the inside out.

This health-improving weekend retreat will feed your spirit, nurture your mind and body through mindful movement, meditation and insight. All levels and abilities are welcomed to embrace the power of Yoga, Pranayama (breath techniques) and Meditation daily. We will explore a variety of breath techniques to enhance balance, cleanse our system and bring on overall physiological and psychological well-being. Daily mantras and positive thinking to magically bring on abundance and prosperity and an understanding of the psychology of yoga. Effective yoga sequencing leaving you feeling relaxed yet strong and grounded while you sculpt your body.

This weekend is packed with plenty of yoga flow. You can choose to participate in all the classes or enjoy free time reconnecting to nature. Bring along your bike, your bathing suit for a dip in Rice lake (might still be a bit chilly), running shoes for a run up the hillsides. Enjoy an evening bonfire and morning hikes taking in the freshness of the countryside while connecting to yourself and others.

Harmony Dawn is an easy 90-minute drive just east of Toronto and slightly north of Cobourg in the Northumberland hills area. This cozy simple retreat location is perched up high on the hill and is known for it's higher than normal oxygen levels. This amazing space is completely off the grid and one of the greenest buildings in Canada.

You will enjoy 6 meals over the course of the weekend. Nicola's (co-owner of Harmony Dawn) cooking and cook books are always in high demand. She brings Yin-Yang principles into her cooking. She uses fresh, local and organic food. 100% vegetarian meals for optimal health using seasonal ingredients and provides a wide range of Gluten Free and Vegan options.

Check in is any time after 4pm on Friday May 5, and check out is any time before 4pm on Sunday May 7. We are usually on the road headed home by 2pm.

Nicole has a passion for yoga and wellness and passionate about motivating others fall in love with yoga. Her nurturing energetic playful approach to life and yoga empowers you to explore your boundless potential on and off your mat. Nicole is an experienced registered yoga teacher with over 9000+ hours of teaching. She has been inspiring men, women and children of all abilities through the power of yoga since 2001.

Email Nicole

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iRetreat Weekend Plan

- 2 nights, 3 days, 6 meals
- 7 hours of yoga combined with meditation and pranayama
- Guest teacher, Yogi Fo – a unique look at the psychology of yoga poses and your story rewrite
- 2 hours of nature walks
- Plenty of free time, journal, rest, restore

Friday May 5

- 4 –630pm- Arrival
- 630-730pm –Dinner
- 8pm- Welcome circle followed by a moon practice to unwind from the long drive and set forth for a good night sleep

Saturday May 6

- 830am- Breakfast
- 930am – Hike or Free time
- 1030am –Vinyasa Flow
- 1230pm – Lunch
- 430pm- Vinyasa Flow
- 630pm -Dinner
- 8pm – Bonfire

Sunday May 7

- 7am- Vinyasa “Core” Flow
- 830am- Breakfast
- 930am – Hike or free time
- 1030am- Guest teacher Vinyasa flow with story rewrite from disempowering to total empowerment
- 1230pm - Lunch
- 130pm- Closing circle and your feedback
- 2pm – Homebound