

The Journey Inwards

A WOMAN'S SPIRITUAL WELLNESS RETREAT

NOVEMBER 12 - 15, 2020



A HOLISTIC APPROACH TO
WOMEN'S SPIRITUAL WELLNESS

nutrition | yoga | breath | sound | ceremony

RISING SPIRIT B&B, ORONO, ON

Yoga, Meditation, Philosophy



Sound Bowls & Yoga Nidra



Women's Circles & Ceremonies



Mindfully Prepared Plant-Based Meals

"Let food be thy medicine,
and medicine be thy food."

- Hippocrates

Our meals will be prepared with love by a local Buddhist Chef using fresh, seasonal, and locally sourced produce, and organic juices & elixir wellness shots from Vitality Juice Co.



Shared Accommodation

SPACED FOR SOCIAL DISTANCING

\$699 taxes included

PAYMENT PLANS AVAILABLE - INQUIRE VIA EMAIL

INCLUDES ALL MEALS, PRACTICES, ACCOMODATION

LIMITED SPACES - FIRST COME, FIRST SERVE

"The part can never be well
unless the whole is well. "

- Plato

Retreat Schedule

THURSDAY NOVEMBER 12, 2020

4-5:00 pm - Check-In

5:30 pm - Introduction & Welcome Dinner

7-9:30 pm - Sound Bowl Flow & Yoga Nidra
(with special guest Kate Carson)

9:30 pm - Tea & Cookies
(compliments of Vitality Juice Co.)



Retreat Schedule

FRIDAY NOVEMBER 13, 2020



6-7 am - Morning Silence | Meditation & Journaling

7:30 am - **BREAKFAST**

9-10:30 am - Exploring the 8 Limbs of Yoga

10:30 am - Yoga Practice | Hatha Flow

12:00 pm - **LUNCH**

2:00 pm - Introduction to Shamanism

4:00 pm - Afternoon Snack | Wim Hof River Plunge

6:30 pm - **DINNER**

8 pm - Restorative Yoga & Women's Circle

10 pm - Self Care Rituals & Bed-Time



Retreat Schedule

SATURDAY NOVEMBER 14, 2020



6-7 am - Morning Silence | Meditation & Journaling

7:30 am - **BREAKFAST**

9-10:30 am - Exploring the Ego & Shadow Work

10:30 am - Yoga Practice | Hatha Flow

12:00 pm - **LUNCH**

2:00 pm - Shamanic Journey & Partner Work

4:00 pm - Afternoon Snack | Wim Hof River Plunge

6:30 pm - **DINNER**

8 pm - Restorative Yoga & New Moon Ceremony

10 pm - Self Care Rituals & Bed-Time



Retreat Schedule

SUNDAY NOVEMBER 15, 2020

6-7 am - Morning Silence | Meditation & Journaling

7:00 am - **BREAKFAST**

8-9:30 pm - Continuing Your Journey Inwards

9:30 am - Yoga Practice | Hatha Flow

11-12:00 pm - Room Check-Out

12:00 pm - **BRUNCH**

1-2:00 pm - Free Time | Group Photos | Departure

