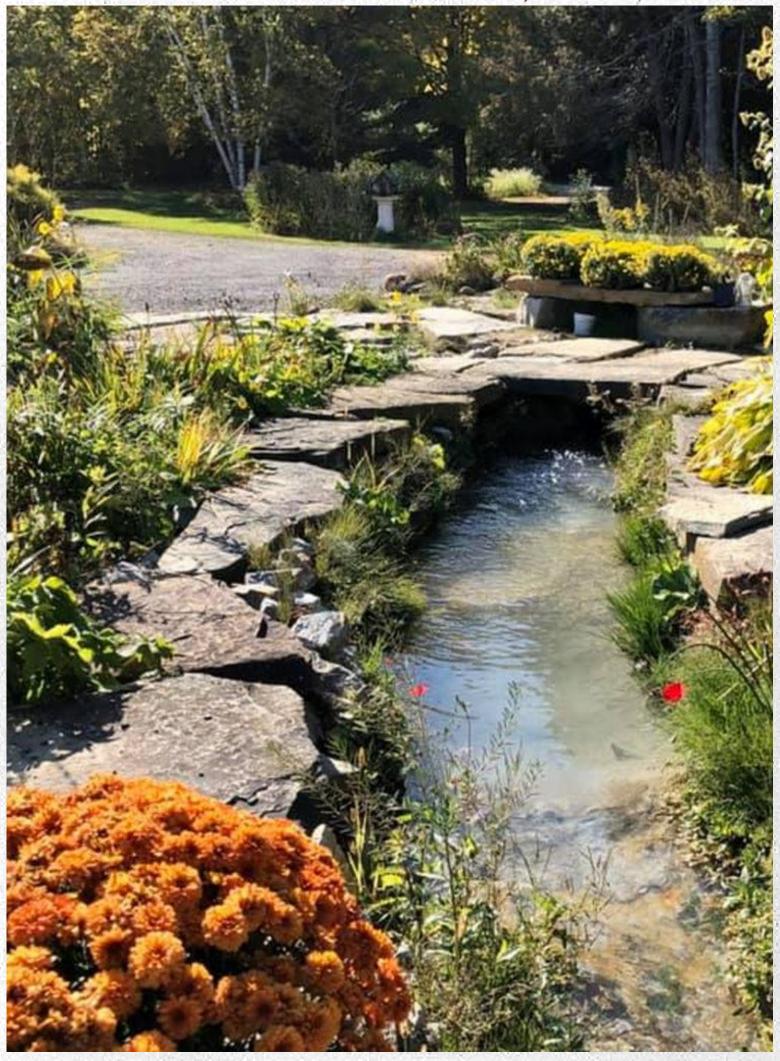
# The Journey Anwards

A WOMAN'S SPIRITUAL WELLNESS RETREAT



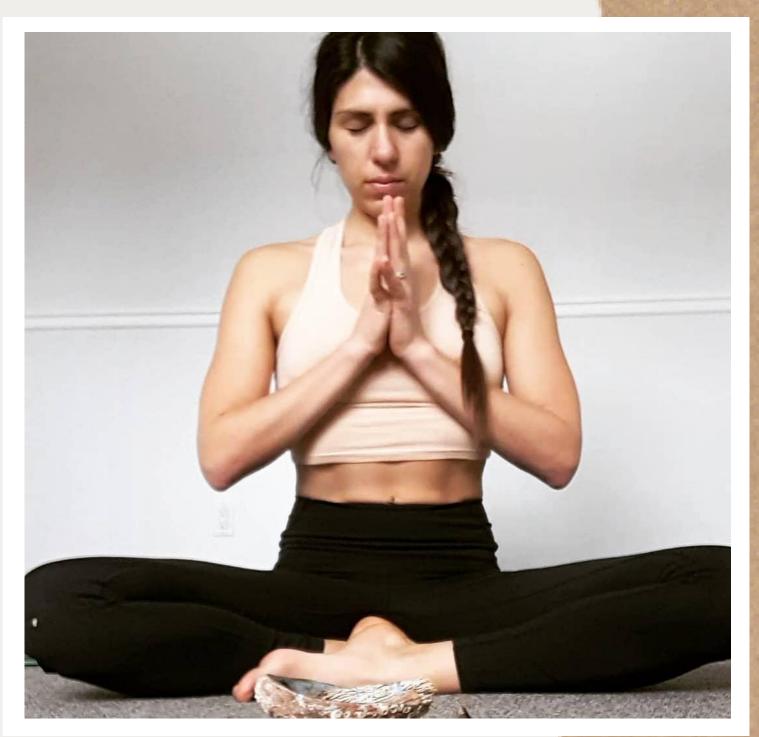
NOVEMBER 12 - 15, 2020



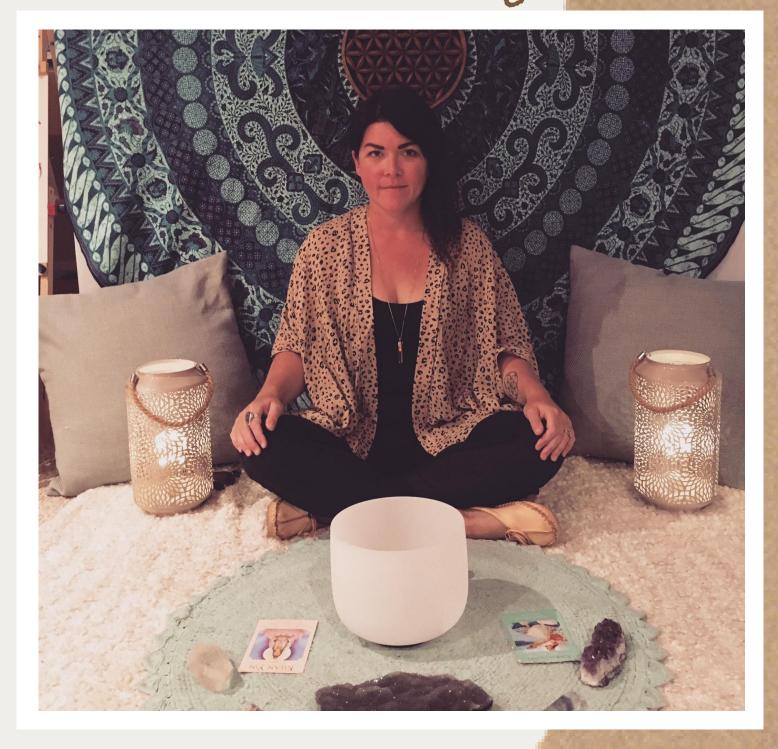
A HOLISTIC APPROACH TO WOMEN'S SPIRITUAL WELLNESS nutrition | yoga | breath | sound | ceremony

RISING SPIRIT B&B, ORONO, ON

## Yoga, Meditation, Philosophy



Sound Bowls & Yoga Nidra



Momen's Circles & Ceremonies



"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

#### **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.)





#### 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



#### **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



#### **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

