

SAHAYoga



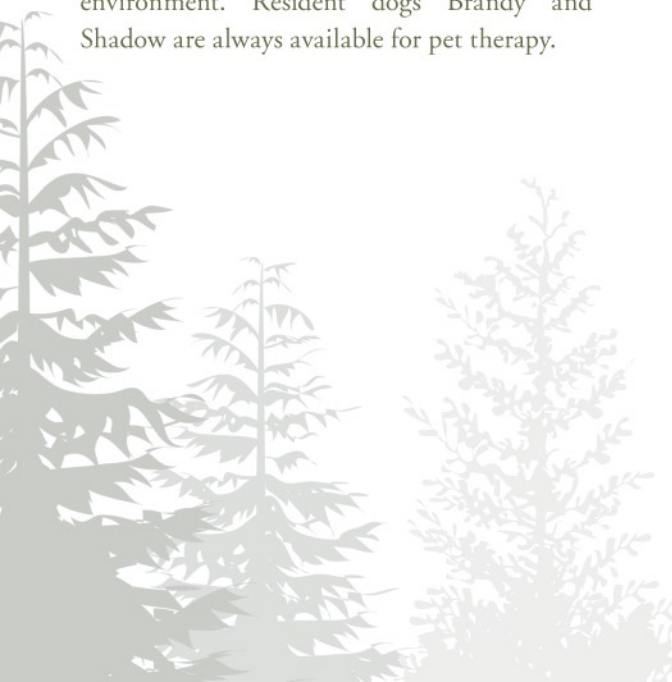
WEEKEND YOGA RETREAT IN
PRINCE EDWARD COUNTY



Yoga is the spiritual awareness and tranquility that we bring to our lives. It cleanses and rejuvenates the mind, body and spirit, and helps us reconnect with ourselves and the world around us. A retreat environment is the perfect place to get away from it all, and renew this sense of wellness and wholeness.

Sahayoga is nestled on over 16 acres of scenic land in Prince Edward County. The natural surroundings are a habitat for many wild animals such as deer, eagles, and rabbits. Sahayoga provides a peaceful and serene environment to relax and re-energize. Accommodations are simple and clean, with a beautiful yoga room for classes. The 3-day retreat includes accommodations, yoga classes, meditation, and vegetarian meals. (All scheduled activities are optional).

This retreat, offered by Linda and Michael Cooper, is a gathering place for those who wish to explore yoga, meditate in natural beauty, and enjoy the spiritual energy of the island. Tranquility is offered in a non-dualistic environment. Resident dogs Brandy and Shadow are always available for pet therapy.



STYLE OF YOGA:

Linda is Sivananda trained. She teaches a blended and gentle Hatha yoga. Some Ashtanga weekends will also be offered.

STUDENT CRITERIA:

All levels are welcomed and represented.

YOGA ROOM:

The yoga room is approximately 1700 square feet and is bright and airy. Windows open to a beautiful view of the Bay of Quinte.

ACCOMMODATIONS:

There are dorm style rooms of varying sizes as well as private and semi-private rooms. Bathrooms are shared.

MEALS:

Two vegetarian meals are served each day. Fruit and snacks are always available.

FEE: \$225.00 inclusive

SAMPLE DAILY SCHEDULE:

7:30 a.m.	Meditation
8:00 a.m.	Morning Yoga
10:00 a.m.	Brunch
4:00 p.m.	Afternoon Yoga
6:00 p.m.	Dinner
8:00 p.m.	Satsang

HOW TO GET THERE:

From the West: Take Hwy 401 east to Wallbridge-Loyalist Road (exit 538) and make a right at the lights. Make a left on Dundas St. W (old Hwy 2), then a right onto Bay Bridge Road. Make a left onto Prince Edward County Road 14, then make another left onto County Road 15. Make another left onto County Road 21, go across the causeway onto Big Island, and turn right onto South Big Island Road. Make a left onto Sprague Road.

From the East: Take Hwy 401 west to Hwy 49 (Marysville Road). Turn south towards Picton, cross the Bridge, then take a right onto County Road 15. Take County Road 21 across the causeway onto Big Island, and turn right onto South Big Island Road. Make a left onto Sprague Road.



SAHAYyoga

336 Sprague Road R.R. #1
Demorestville, Ontario
Canada K0K 1W0
(613) 471-1000
www.sahayoga.com