

## SUMMER YOGA RETREATS

Experience our nurturing kindness as we wrap you in yoga practices that takes you from inspiration to restoration. Enjoy nature as she shows you her beauty when you travel to our tiny town steps from the Boreal Forest. Attend to your body with our amazing home-made meals and luxurious accommodations. Create a memento with which to continue your self-care rituals once home.

Allow us to guide you through a one day or overnight journey where you will be invited to create the space so that you are able to hear the “whispers of your heart”, align yourself with your heartfelt desires and clarify your highest purpose.

### ONE DAY RETREAT

~ Upon your arrival you will be welcomed with a refreshing snack and introduction. A gentle Inspiring yoga practice will set the tone for the day followed by a nutritious lacto-vegetarian lunch to feed our bodies and inspiring conversation to feed our souls.

Your afternoon will include a memento workshop led by local artist Kelly Klick. After your workshop you can expect a refreshing, recharging afternoon snack and to complete the afternoon a Sound Healing restorative yoga practice that will leave you in Bliss for your journey home.

~This is a one day workshop but you are welcome to stay and enjoy the evening by booking an overnight at the B&B (included breakfast)

**Date:** May 11, 2024 9am - 5:00 pm.

\$185.00 per person + tax

### OVERNIGHT RETREAT

~ The overnight stay includes everything mentioned in the One Day Retreat plus a hearty lacto-vegetarian dinner. After dinner, your time will be free for your quietude...just right for journaling, reading, sketching or exploring the forest. A luxurious room of your choice, each with personal bathroom will ensure a good nights rest. The next morning you will start your day with fresh fruit/ herbal teas and Sunrise Gentle Yoga. We will conclude our Weekend Retreat with breakfast and a goodbye that seals your experience.

Accommodation options include four rooms each with queen beds and one shared room with one twin bed and one queen. All have ensuite bathrooms.

**Dates:**

June 8-9, 2024 or August 10-11, 2024

Arrival Saturday, 9 am and conclusion of Retreat Sunday, 12 noon.

\$390 pp + tax double occupancy or \$420.00 pp + tax single occupancy

## Hosts Bios

### Fran Mir- Robertson

Fran stepped into a yoga studio 20 years ago and knew immediately she had come home to herself. Two simple words define her yoga practice, “Self Love”. Fran’s personal yoga journey fed her hunger and curiosity for more knowledge of this ancient healing practice which led to her becoming certified in the deeply spiritual practice of Ashtanga Eight Limbs of Yoga. Subsequent training in Iyengar Yoga which focus’s on the structural alignment of the physical body with the use of props has enriched her abilities to provide a more inclusive space for her participants. Time spent in India learning methods of meditation were transformational to her personal life.

Fran teaches from a place of personal experience and an open heart. She specializes in “healthy aging” and ease of movement. Her wish is that you come as you are and that you leave feeling comfortable in your body, free in your mind with love in your heart 💕

Fran is also the co-owner of The Staff House Bed and Breakfast with her husband Richard who you may see working in the background, keeping everything running smoothly.

### Kelly Klick

Kelly is a local artist who lives in Pinawa, 10 minutes away. Kelly is the president of the Pinawa Art Gallery and hosts various classes and exhibitions around the area. A retired midwife, her themes always include caring for others and the self. Kelly is a student of Fran and hates to miss Fran’s Tuesday morning class.

Kelly will guide you through the simple but personal process of building an alter piece. We will walk in the forest to collect natural elements or to just get inspired. Along with supplied materials you will use these elements to create a small piece for your own sacred space. If you wish you may incorporate a special item from home, such as a crystal, photo or meaningful image which will help make the work authentically yours.

Speaking of Pinawa.... there is great Golfing, beaching and other activities to do there for companions who would like to hang around while you are catering to your soul.