

Retreat Schedule

Friday, August 1st

6:00 pm Dinner
7:30—9:30 Restorative Yoga & Meditation

Saturday, August 2nd

7:00 am Guided Pranayama
7:45 Breakfast
9:30 Asana Session
12:30 Lunch
3:30 Restorative Yoga & Meditation
6:00 Dinner
8:00 Evening Session

Sunday, August 3rd

7:00 am Guided Pranayama
7:45 Breakfast
9:30 Asana Session & Meditation
1:00 Lunch

To Register

Cost: \$375 (all taxes included)

Payment can be made by cheque
payable to:

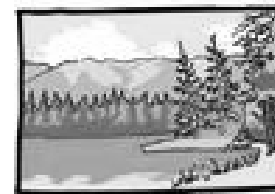
Barrie Risman
8376 rue Foucher
Montreal, QC H2P 2C1

Classes will be suited to all levels of students.
However, we recommend that all participants
have at least 6 months prior yoga experience.

Spaces are limited. To reserve your space,
send a \$75 deposit as soon as possible. (This
deposit is refundable only if your spot can be
filled.)

For more information

Barrie: 514-608-2406
barrie@barrierisman.com
or Mona: 514-885-7132
namaste_mk@hotmail.com



Yoga, Shri, Community

Summer Yoga Retreat

with

Barrie Risman

Certified Anusara Yoga® teacher

&

Mona Keddy

Certified Iyengar Yoga teacher

at

*L'auberge du renouveau
Eastern Townships, Quebec*

August 1-3, 2008

Yoga, Shri, Community Summer Yoga Retreat, August 1~3, 2008

About the Retreat

Join us for a powerful weekend retreat—dedicated to deepening your yoga practice and expanding your vision of yourself and your world.

Our theme is *Yoga, Shri, Community*. It reflects the deep inspiration to be found in the practices of yoga, the luminosity of nature and the presence of fellow seekers.

Throughout the weekend, we will take the disciplined practices of yoga as the supportive framework for our inward journey. In addition to the schedule of practices, there will be periods of rest in which to savor the beauty and radiance of nature and to spend time with fellow students.

There is tremendous power in gathering together for the purpose of spiritual retreat. This weekend will be a rare opportunity to build a sense of community through the shared practices of asana, pranayama and meditation. Connecting with others on the yogic path, the informal and inspirational setting and the power of the yoga practices will nourish our bodies and spirits on the deepest level and reconnect us with our highest personal vision.

About the Teachers



Mona Keddy went to her first yoga class in 1996 and although she did not feel naturally flexible or strong, something immediately clicked. Since then, she has had a steady practice that has led her deeper and deeper into the study of yoga. Mona's initial teachers included: Erich Schiffmann, Donna Farhi, JJ Gormley and Richard Freeman. She eventually chose to study within the Iyengar method and now holds an Introductory I/II teaching certification. She teaches yoga and also works as a psychotherapist in Montreal.

Barrie Risman is a Certified Anusara Yoga teacher and teacher-trainer, celebrating over 16 years of practice. John Friend, the founder of Anusara Yoga, has been her primary teacher since 2001. She received her Anusara Yoga certification in 2003. Barrie's teaching celebrates the highest, most transformational aspects of yoga practice, reflecting the universal understanding that within each of us resides a core of supreme power and perfection. Based in Montreal, she offers classes, workshops and in-depth training programs nationally and internationally.



About the retreat site

L'auberge du Renouveau is located in the heart of the mountains on the outskirts of Sutton in the Eastern Townships, approximately 1.5 hours from Montreal. Set on 47 acres of forests and green space, it provides the ideal setting for a spiritual retreat.

There is a small lake for swimming, a sauna for our use and a beautiful hall for our practices.

Visit www.aubergedurenouveau.com for more information.

What to bring

- Yoga props - mat, blankets, blocks, and strap if you have them (please let us know what props you have when you register)
- Sheets and blankets or a sleeping bag
- Pillow case
- Towel and soap
- Warm socks
- Slippers or sandals for indoor use

Accommodations are double or triple occupancy rooms with shared bathrooms.

All meals are vegetarian. Please inform us of any food allergies or sensitivities when you register.