



7 Day Silent Yoga & Meditation Retreat

4 Meditations Daily
2 Yoga Classes Daily
3 Delicious Vegetarian Meals Daily
Cabin in the woods

In our silence we will invoke the energies of renewal as we experience spring in forested trails and ride the waves of peace the woods have to offer. Let the meditative silence take you inwards, quieting the mental chatter.

A hatha practice during the day, in the evening, gentle Yin, Restorative, and Yoga Nidra will continue to direct you towards surrender. All practices assist in calming the sympathetic nervous system, encouraging the release of tensions in the body.

Allow the quiet and routine to take you mindfully into new and healing places or just deeper into Self.

\$1200+HST / \$250 deposit

Facilitated by:



Toni Gordon, Registered Psychotherapist, Ayurvedic Counsellor, Yoga and Meditation Teacher.



Natalie Pearson-Workman, Yoga and Meditation Teacher.

For more information or to register:
647-707-1835
connect@tonigordon.com

This will be a technology free week.
Located at Sugar Ridge Retreat Centre
in Wyebridge, ON www.sugarridge.ca

tonigordon.com