



**Law of Attraction Yoga Retreat Weekend**  
**Take Some Time for You**  
**Oct 16-18, 2009**  
**Pamphlet & Registration Form**



You are warmly invited to spend a weekend of relaxation, yoga and fellowship, while enjoying the peace and tranquility of nature, at the Northumberland Heights Retreat Center, 1hr east of Toronto. Enjoy yoga classes, massage, delectable meals, walks in the beauty of nature, and a special Law of Attraction feature, which you won't want to miss.

The retreat is a look within yoga retreat. Yoga is part of it, yet it goes deeper than just physical yoga classes, you'll have time and space to take a deeper look inside, in your life, in your body, in your relationships, in your mind. If everything is great fine, if not you'll have time to identify what you want to change, and where you want to be. By the end of the weekend you'll be energized, inspired, have fresh focus and you'll be empowered to make positive changes. You'll learn to work through present challenges and create what you'd like in your life.

All yoga classes and scheduled activities are optional. If you just want to unwind and do some parts and not others that's fine. The weekend is for you to relax, enjoy, pamper yourself and just Be...

**4 Ways to Find Benefit from Your Weekend:** This retreat can benefit people who might be looking for:

- 1) Having Fun, Relaxing, De-Stressing & Pampering Yourself
- 2) Nurturing Your Physical Body, Reducing Problems & Improving Your Health
- 3) Finding Solutions to Challenges You're Facing (Physical or Emotional)
- 4) Introspecting, Finding Clarity, Purpose and Direction to Your Life - Leading to a Happier Life

**1) Have Fun, Relax, De-Stress & Pamper Yourself**

- Your life is too busy, fast paced & you rarely take needed time for yourself
- You just want to get away, pamper yourself, take a massage, enjoy the sauna, read your favorite book, sit by the fire, sleep, take enchanting walks in the trails, and savor the delicious meals...
- If you're a quiet type and want to enjoy some solitude and time for yourself
- If you want to socialize, meet other people like you, enjoy conversation, and have fun
- If you're feeling bored, stuck or stressed, and ready for positive change
- You simply want to gain more clarity, and find inner peace in yourself ...

If any of these appeal to you, you'll benefit greatly and a lot of fun.



**2) Nurture Your Physical Body & Improve Your Health**

- You want to improve your flexibility & strength, release stress stored in the body, reduce that back pain, bring vitality to your body and give it the care it needs...
- You'd like a soothing, relaxing, massage, enjoying the sensation as your muscles soften.
- Deepening your yoga practice, improving your postures, memorizing the classes, and allowing your awareness to evolve, is of interest to you.
- You have health challenges in your body and you'd like to realign yourself and set in motion: healing, vitality and optimal health.
- You want to recharge your body and spirit so that you're more whole, more You, less tense & have more to give to the people you love and care about.



The yoga classes, opportunities for massage, sauna, walks in trails, relaxation all weekend will help you strengthen, increase your flexibility, cleanse toxins in the body, relax your muscles and calm your mind giving you the recharging, nurturing, refreshing energy your body needs. Whenever I've been on these retreats, I hear it all the time from other students that their body feels great afterwards and they are already looking forward to the next one.

### **3) Learn to Dissolve Challenges You're Facing in Your Life (Physical or Emotional)**

- If you have obstacles in your life which you can't seem to clear up...
- If you're going through similar situations again and again and you see patterns repeating in your life... If you want to gain the strength, inspiration and wisdom to break these patterns and habits...
- If you're not totally satisfied with aspects of your life or of yourself and you'd like time to introspect, to deepen your search, to be inspired, to find answers your looking for to make positive changes and get clear on new direction...
- If you're facing challenges and want to gain deeper insight into the lessons life is teaching you so that you clear up the struggles, stop repeating them and move beyond...
- If you'd like to bring more clarity to your purpose, your goals, your direction and what you want out of life from this point on, in any area ex: Health, Relationships, Family, Finances, Spirituality...

If any of these speak to you, you won't want to miss the weekend. We'll have a special focus on the Law of Attraction, why problems keep repeating in our life, what we have to learn from them, how to get beyond them becoming the person and living the life that is in alignment with what we want. The natural environment, yoga classes, massage and the group energy will facilitate this deepening, bringing calmness, peacefulness, renewing thoughts, mental clarity and you'll be surprised at how differently you look at things by the end of the weekend.

**Who can go on the retreat? What if you're brand new to yoga? Is it just for yoga students?** Not at all, it's for everyone! You can bring your mom, your husband or your friend. Even if they've never done yoga, or don't do yoga while there. They'll enjoy the food, the time away, the environment, and can participate in as little or as much as they choose...

**I'm hesitant about going on retreat alone:** Most people will be coming alone, just like you. The program is designed to make you feel comfortable and at ease very quickly. By the end of it, you'll feel you've gotten to know many new friends and have had a great weekend. It's designed that way.

**I'm hesitant to coming because I think you need to be good at yoga to do a retreat and I can't even do most of the poses:** Even if we're really stiff, or inflexible or have never done yoga - don't let this deter you. Remember, it's all about self-acceptance, acceptance of everyone wherever they are at in their bodies, and moving forward from there. There will be others just like you. You'll be surprised at how much you'll improve in one weekend. Besides you'll enjoy other aspects of the retreat beyond just the yoga. You'll benefit immensely.

**Retreat Details:** Northumberland Heights Retreat Centre, 795 Northumberland Heights Road, Cobourg, On, K9A 4J8, (905) 372-7500 [www.NorthumberlandHeights.ca](http://www.NorthumberlandHeights.ca)

#### **The Property:**

Only 1hr east of Toronto, the picturesque rolling hills and natural surroundings of Northumberland County provide a peaceful and serene environment to relax and re-energize. The stunning 80 acre property overlooking Lake Ontario contains several walking trails, a mature Pine forest and a secluded pond oasis. The natural



surroundings are a habitat for many wild animals such as deer, eagles and rabbits.

Accommodations are spacious and clean with a beautiful yoga room for classes. The yoga room is beautiful, bright and airy. Newly built it is 1500 square feet. Windows open to a beautiful view.



**Rooms:** The rooms are comfortable, spacious and bright. All have private bathrooms. Our upper level rooms are all wheelchair accessible, while our lower level rooms all walk-out to our beautiful grounds and gazebo. Some rooms come equipped with a kitchenette efficiency unit (bar fridge, stove-top and sink).

The Standard Price includes semi-private accommodations with 3 people/room. Each room has two double beds, and a single bed or a sofa bed and a private bathroom. Double occupancy and your own private room is also possible. Costs are extra, see cost section. They also have a special deluxe suite which offers a Jacuzzi tub, gas fireplace, full seating area walk-out patio doors, private bedroom with king-sized bed and full private bathroom. Let me know if you wish to request this room - extra cost.

**Meals:** Delicious meals are prepared on site and served buffet style with a large variety to choose from. Their award-winning chef customizes each menu. Please note that if anyone has any dietary issues, the kitchen is very flexible and willing to accommodate you. Preferably notify in advance. The food is great.

### **Activities:** (All activities are optional)

**Yoga Classes:** Increase your flexibility, improve your postures, deepen your practice, and still your mind.

**Massage:** Indulge yourself with a relaxing massage - time slots may be limited - book soon.

**Sauna:** There is a sauna available for you to enjoy.

**Law of Attraction Workshop:** There's a special feature on the "Law of Attraction". We'll watch "The Secret" together as a group followed by some discussion and individual exercises. Attract abundance in areas of Health, Work, Finances, Relationships, and Spirituality. Learn how to stop attracting problems, and re-living repetitive negative patterns. You'll have time to contemplate, reflect, visualize and envision where you want to be in your life - in each area. Begin taking the actions to attract the life you want and to become the person you want to be, the person you already are, starting now. This aspect of the retreat is special! Don't miss this opportunity to blossom and make real transformations in your life.



**Walks in the Trails** - To deepen our practice you can take a 20min walk after meals, 10min of silent walking, focused on breathing, being still, present and observing your mind or your breath, watching what comes up. It's very peaceful. The latter 10min can be used to chat & get to know others.

## WHAT YOUR DAILY SCHEDULE WILL INCLUDE - ALL ACTIVITIES ARE OPTIONAL

You can arrive anytime on Friday that you can. Yoga will start at scheduled time but if you arrive later, it's no problem.

Friday	Sat	Sun
Arrive any time: 2-5:45pm free time to settling in, take massage	8:30 Breakfast + Activity	8:30 Breakfast
5:45 Light Stretching Yoga	10:30 Morning Yoga	10:30 Morning Yoga
7:00 Dinner	12:00 Lunch	12:00 Lunch
8:00pm After Dinner Walk 20min	Walk after Brunch - Free Time	1:00 Closing Round
8:30 Special Feature Part 1 - The Secret	2:00 Discussion/Workshop Law of Attraction-bring notebook	1:30- 2:30 Depart for Home
	4:45 Afternoon Yoga	
	6:00 Dinner + walk	
	8:30 Part 2 - the Secret	

### What to Bring

Please bring a pen & notebook, your yoga Mat (strap if you like), clothing for the season, flashlight, and alarm clock, camera.

### Directions:

From Toronto it takes (1hr): Visit <http://www.northumberlandheights.ca/contact.htm> for map.

Take Hwy # 401 East to Exit 474 (second interchange for Cobourg)

North (turn right) on Hwy #45 (Division St) toward Baltimore

East (turn right) on Community Centre Road - on the corner is a Mister Convenience store , drive about 3km

South (turn right) on Northumberland Heights Road, it will be on left side shortly after (about 2km)

If you want to be sure to avoid traffic on 401, you can take the 407 East till Brock Road then south to 401 East.

**Cost:** Standard Rate - shared accommodation-(3/room) is \$370 all included.

Double Occupancy Rate - 2/room. = \$410 per person inclusive. Private Room Rate-add to standard rate. = \$495 inclusive

\* Private rooms may be limited depending on number of people attending \*

Accommodation, meals, snacks, all yoga sessions are included in pricing. (massages, acupuncture extra)

**Please call to arrange payment in full or \$200.00 non-refundable deposit to secure your spot. Remainder is due 2 weeks before the retreat starts. Cancellations after 2 weeks prior to start date of event are non-refundable.**

### Space is Limited! Act Now!

**How to Book:** Step 1: Call or email me to let me know you're interested. 647-832-4799

Step 2: Please pay by phone (direct withdrawal), cash, credit card or cheque payable to Jason Boudrias. Payment and completed form may be brought to class, or put it in the mail at the address below. If you're mailing it, please contact me and let me know when you've mailed it.

#### Yoga Retreat - Registration Form

Name: \_\_\_\_\_ Phone(Day): \_\_\_\_\_

Address: \_\_\_\_\_ Phone(Evening): \_\_\_\_\_

City: \_\_\_\_\_ Postal Code \_\_\_\_\_ Email: \_\_\_\_\_

Do you have any food sensitivities/allergies? Please list: \_\_\_\_\_

Do you need a ride? \_\_\_\_\_ Can you provide a ride? \_\_\_\_\_

Do you have your own yoga equipment (mat)? \_\_\_\_\_

Do you want to schedule a massage by an RMT (massages extra - \$75)? \_\_\_\_\_

**For Payment contact:** Jason Boudrias:

647-832-4799 or 905-203-0099 / [jason@VitalityYoga.com](mailto:jason@VitalityYoga.com) / [www.VitalityYoga.com](http://www.VitalityYoga.com)

Take time to allow your practice to evolve and your awareness to deepen. Enjoy time away from the demands of life; socialize or spend time alone, walk, sleep, journal, read by the fire, re-energize. Be immersed in your personal yogic experience.