

## Yoga Desha Retreat 2019 Registration

Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_ Postal Code \_\_\_\_\_

Telephone \_\_\_\_\_

Email \_\_\_\_\_

Roommate \_\_\_\_\_

Special food requirements \_\_\_\_\_

### Transportation:

Are you planning to drive? \_\_\_\_\_

Do you have room for others? \_\_\_\_\_

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

Fees include taxes, 3 night's accommodation,  
all meals, yoga tuition (20 hours), written  
practices to take home, a night walk in the  
forest

### Shared accommodations: Total \$ 945

Deposit due by May 31st: \$ 400

Balance due by July 31st: \$ 545

### Private room: Total \$ 1145

Deposit due June 1st: \$ 400

Balance due August 1st: \$ 750

Space is limited so do register early.

Deposit is non-refundable. Other fees  
refundable only if place is filled by another  
participant.

Contact Sheree to register

Please include a brief outline of your current  
yoga practice and/ teaching, main interests.

## The Power of Interdependence: Destroying Illusions

Drawing from Yoga and Samkhya to  
practice, study and contemplate how  
interdependence is part of everything we  
are and do. It is the power of  
interdependence that allows us to destroy  
the illusions that cloud our mind and  
actions.

### *Parampara*

Interdependence of lineage: you need the  
lineage and you also need many other  
causes and conditions. We must rely on  
this power of interdependence, not simply  
our own power, we cannot go it alone.

### *Abhyasa-Vairaghya*

Interdependence of practice and  
nonattachment: when we persevere with  
intense practice despite obstacles,  
nonattachment brings peace of mind and  
calm.

### *Bhutas*

Interdependence of elements:  
According to yoga, nature is made up of  
five primary elements. These five  
elements constantly dance with one  
another to maintain balance in ourselves  
and our surroundings.

*"Yoga is relationship"* TKV Desikachar  
Contemplating through practice our  
relationship with ourselves and others.

# Yoga Desha Retreat

## The Power of Interdependence: Destroying Illusions

with  
Sheree Gurnell C-IAYT

Location is the beautiful  
Windhorse Farm, Nova Scotia



September 6-9<sup>th</sup> 2019

danspirations.pei@gmail.com  
www.yogadesha.ca  
902 439-9897

## ***Windhorse Farm***

Retreat location is the tranquil setting of Windhorse Farms on the South Shore of Nova Scotia. The 19th century farmhouse includes a working farm in 200 acres of old-growth Acadian forest with 20 km of trails, along with a 4-acre organic permaculture garden. On your own, you are welcome to swim or canoe in or on Wentzell's Lake and the La Have River or enjoy the sauna at the edge of a forest pond. Aimless wandering always is appropriate. Meals are prepared on site using fresh and local produce.

The retreat will take place in the Juniper Lodge, renowned for hosting retreats, health & wellness & leadership programs. The lodge is a gateway to the magical forest and overlooks the farm.

### ***Directions***

***\*\*\*Phone map apps and GPS systems often take people to the wrong Sarty Rd.***

From Halifax:

- A) Go West on 103 to Exit 12
  - B) Turn right onto Hwy 10, and go 11 km to Wentzell Rd
  - C) Turn left and go 1 km and over an iron bridge
  - D) Turn right onto Sarty Rd
  - E) Windhorse is the first place on the left, #129
- From Annapolis Valley:
- A) Take Hwy 10 South through New Germany
  - B) Continue about 10 minutes to Wentzell Rd
  - C) Turn right and go 1 km and over an iron bridge
  - D) Turn right onto Sarty Rd
  - E) Windhorse is the first place on the left, #129

## ***Prerequisites & Intention***

This retreat is open to practitioners and teachers of yoga from any tradition wishing to deepen their understanding of the connection between the body and mind as it relates to yoga practices and mental wellbeing. It will be a very useful introduction to newcomers and a further investigation for those already immersed in this tradition.

An individual session with Sheree is essential preparation for this retreat. Please schedule a private session before the retreat.

This course provides 20 contact hours of professional development for yoga teachers.

### ***Program Schedule***

#### **Friday:**

3.30 pm– 6.30 p.m.

#### **Saturday**

7:00 – 8:00 a.m.

9:30 – 12:30 p.m.

3.30 – 6:00 p.m.

#### **Sunday:**

7:00 – 8:00 a.m.

9:30 – 12:30 p.m.

3.30 – 6:00 p.m.

#### **Monday:**

7:00 – 8:00 a.m.

9:30 – 12.00 p.m.

1.30 - 2 p.m.

**Evening program:** 9.00-9.30 p.m.  
Vedic Chant or question and answer

## ***Yoga in the Tradition of T. Krishnamacharya***

The teaching stems from ***TKV Desikachar*** and his father, the great ***T. Krishnamacharya***, who is the source of many principal schools of yoga today.

The tradition provides a complete teaching, offering strong practices suitable for young people, while giving emphasis to a breath centered and meditative approach as one moves along in life. Specially tailored practices may help to restore health and balance. Techniques include *asana*, *pranayama*, chant and meditation, with teaching grounded in texts such as Patanjali's *Yoga Sutra*.

At the heart is relationship with a teacher, so individual study and personal practice are key.

These allow for individualizing practice and teaching to suit the needs of each person at a given time. Then yoga serves its true purposes: to reduce suffering, to support personal transformation, to bring peace of mind.

### ***Sheree Theresa Gurnell***

C-IAYT

Sheree's lifelong interest in Eastern philosophy led her to begin her formal study of yoga after immigrating to Canada in 1989. She has been student and practitioner of yoga for 25 years and has been teaching for 20 years. She received her initial 500 hr teacher training certification through the Yoga Studio College in Calgary, AB. In June 2013 she completed a further 500 hr teacher training in the tradition of Sri T. Krishnamacharya and TKV Desikachar with Rosemary Jeanes Antze of Toronto after 10 years of study with her mentor. In September 2016, Sheree was awarded certification as a Certified Yoga Therapist with the International Association of Yoga Therapists.