

# Yoga Bliss Retreat

*May 30 - June 1, 2014*

*(No experience necessary)*

## Your Retreat Hosts



Find out about  
Kellie Dearman at:

[www.awareyoga.com](http://www.awareyoga.com)



Find out about  
Brendon Abram at:

[www.getyoga.ca](http://www.getyoga.ca)

**Weekend rate of \$350.00  
per person (no HST),  
includes shared  
accommodation, six  
vegetarian meals  
and all sessions.**

**\$100 non-refundable  
deposit due on booking.  
Balance due May 15**

**Spaces are limited.  
Please make sure to book  
early to avoid  
disappointment.**

**Kellie Dearman  
613-395-4977 or  
[info@awareyoga.com](mailto:info@awareyoga.com)**

Join Kellie Dearman and Brendon Abram for a weekend of yoga and relaxation at **Harmony Dawn Retreat**, a sustainable energy, off grid retreat centre near Hastings Ontario. Take time to regroup, to explore your mind-body connection, and to enjoy fresh, healthy food prepared with love by Chef and co-founder of Harmony Dawn, Nicola Lawrence James.



Do as much or as little of the retreat as you like at this glorious getaway! Indulge yourself in quiet morning meditation and gentle hatha yoga. Enjoy a special restorative yoga class on Saturday evening. Sit quietly at one of the retreat's many windows. Take a lovely afternoon nap, or reconnect with a neglected novel. Or if you're feeling adventurous, explore the gardens, fields, forests and hillsides above Rice Lake at this gorgeous property in the Northumberland Hills. You might also try a Thai Yoga Massage from Brendon Abram. (extra cost, please enquire to pre-book)



You'll be thrilled with the six lovingly prepared meals from chef Nicola Lawrence James! Nicola consistently draws extravagant praise from guests for her food, which is delectable to both eye and palate, infused with love and balanced with a broad knowledge of healthful cooking and mind-body expertise. Nicola's heart is warmly embracing and her laugh infectious.

Kellie Dearman has been teaching yoga for nine years in Belleville and Stirling. Her gentle style incorporates mindfulness and awareness of the breath in every pose. Her students range in age from 25 to 85. She is adept at providing ample variations to make the work accessible to everyone. Brendon Abram, RYT, is certified in Thai Yoga Massage and Trauma Sensitive Yoga and has a thriving teaching and massage practice in the Trenton and Brighton areas. Their complimentary styles focus on awareness of movement with breathe and staying in the present moment.

## Harmony Dawn Retreat



### Notes on Meals and Accommodation

Harmony Dawn provides six vegetarian meals. Coffee is available in the morning and tea throughout the day. If you have any major dietary restrictions, please let me know in advance. Part of the retreat experience involves getting to know others with similar interests, so please be prepared to share accommodation with a small group if you are coming on your own. A small number of rooms are available for couples.



## Weekend Schedule

### Friday: Arrive anytime after 4pm

2pm	Pre-book a Thai Massage w/Brendon
4pm	Welcome and get settled
4:30 – 6:00	Gentle Hatha Yoga Class w/Kellie
6:30	Dinner
8:00	Satsang (Yoga Nidra)

### Saturday

7:30 am	Breakfast
8:30	Meditation
9:00-10:30	Gentle Hatha Yoga w/Kellie
9:00-10:30	Pre-book a Thai-Massage w/Brendon
12:00	Lunch
1:00	Free Time
1:00	Pre-book a Thai-Massage w/Brendon
4:00-5:30	Gentle Flow Yoga w/Brendon
6:00	Dinner
8:00pm	Satsang (Restorative Yoga)

### Sunday: Depart anytime after brunch

8:30 am	Breakfast
9:30	Meditation
10:00-11:30	Gentle Hatha Yoga w/Kellie
10:00-11:30	Pre-book a Thai-Massage w/Brendon
12:30	Lunch
1:30	Free Time, depart by 4pm



### What to Bring:

Harmony Dawn is off-grid. Please bring your own single sheets, blankets and towels to avoid excess laundry at the facility. (If you would prefer to rent bedding from the facility, please let me know.) If you have special dietary considerations, please bring food items necessary for your own comfort. If you are gluten free, please bring along your own bread products. Please also bring your own yoga mats, or let me know if you need one.

*Find out everything you need to know about*  
**Harmony Dawn Eco Retreat**  
[www.harmonydawnontarioretreat.com](http://www.harmonydawnontarioretreat.com)