

Seeds of Intention: a Yoga & Nature Retreat

Guided by Monica Sheridan and Kristina Domsic of Queen Street Yoga

May 25-27, 2018

\$365+hst by April 10

\$415+hst as of April 11

To register contact Monica and Kristina at info@queenstreetyoga.com

Take time to unplug and reconnect with yourself and nature for a weekend at the beautiful Harmony Dawn Retreat Centre. Slow down and cultivate the inner space you need to better meet the challenges of everyday life. Explore a mindful connection to nature through the practices of yoga, meditation, and forest therapy. You'll leave the retreat with a variety of nourishing self-care practices to bring into your daily life.

Harmony Dawn is a gorgeous centre situated on the shores of beautiful Rice Lake in [Northumberland County](#). It is surrounded by 50 acres of rolling meadows and healing forest, with many beautiful walking trails. Built with mindfulness to environmental impact, beauty, and sustainable materials, the Centre is entirely self-sustaining with renewable energy. Harmony Dawn was voted one of the greenest buildings in Canada. Because the Centre is off the grid, there is a calm and quiet in the building and surrounding natural area that is deeply rejuvenating. Their vision is to provide an ideal environment for self transformation and renewal as well as giving guests an experience of a greener, more sustainable and attainable future.

Facilities include a cozy gathering space, a beautiful dining room overlooking the woods, a bright practice room facing a meadow, high-efficiency bathrooms, and comfortable dorm-style sleeping quarters. Everyone leaves the Centre raving about the **amazing** vegetarian food by Nicola Lawrence James, chef and co-founder of Harmony Dawn.

Getting there: The Centre is a 3-hour drive from Kitchener and 45 minutes from Peterborough. If you don't have a vehicle, we'll help facilitate carpooling.

Monica Sheridan and Kristina Domsic completed their Yoga Teacher Training together at Queen Street Yoga in 2014. They have both continued their studies of Ayurveda and the Tensegrity Repair Series. Kristina is also a certified Forest Therapy Guide with the Association of Nature and Forest Therapy. Monica is a certified Massage Therapist through the College of Massage Therapists of Ontario. Both enjoy slow and exploratory movement paired with expansive breath awareness and grounded meditation.

What is Forest Therapy? Forest therapy is a simple and accessible practice designed to help folks connect more deeply with the natural world. Guided group sessions include invitations to notice your senses, move slowly, explore your own unique connection to nature, and be supported by a group atmosphere that focuses on building openness and respectful listening.

Tentative Schedule *(Everything is optional!)*

Friday

- 4:00-6:00pm Arrive and get settled
- 6:00-7:00pm Dinner
- 7:30-9:30pm Welcoming and Slow Flow/Restorative Yoga

Saturday

- 7:00-7:45am Optional morning meditation & movement
- 8:00-9:00am Breakfast
- 9:00-10:30am Optional guided nature hike or free time
- 10:30-11:45am Mindfulness Flow Yoga
- 12:00-1:00pm Lunch
- 1:00-4:00pm Intro to Forest Therapy
- 4:00-5:30pm Free time
- 5:30-6:30pm Dinner
- 7:00-8:15pm Yoga & Self-Care Practices
- 8:30-10:00pm Campfire (weather permitting)

Sunday

- 7:00-7:45am Optional morning meditation & movement
- 8:00-9:00am Breakfast
- 9:15-12:15pm Guided Forest Therapy
- 12:30-1:30pm Lunch
- 1:30-3:00pm Closing Practices
- 3:00-4:00pm Pack up and check out!