



# Spring 2018 Yoga Retreat

*"So Much Magnificence by the Ocean"*

YogaMCC, Calgary, Alberta

April 8, 2018

Kingfisher Spa & Resort, Comox, British Columbia

April 26 - 29, 2018

We get together in the spirit of inquiry and what seeks to emerge is allowed to find its expression in our midst. Teaching appears to be happening, but it happens entirely as a consequence of openness and curiosity, which calls forth dialogue, asana, pranayama, yoga nidra, and listening with nothing to listen to. It is in listening that true yoga, or wholeness, is revealed. This wholeness, or non-separateness, cannot be taught. It can only be lived. And we abide in welcoming, as the various forms of sensation, emotion, thought and belief show themselves, noting their presence as coagulated forms of the ambient, non-localized Presence that is. **Sometimes we laugh a lot, too.**

Joan Ruvinsky

**Sunday April 8 - *Gratitude for what we are and what we bring***

**7 - 8:30 p.m.** Welcome, Introductions & Restorative Relaxation Class

**Monday April 9 - Wednesday April 26 - *Gratitude for what we discover***

- **Individualized Home Practice** - based on your own goals/needs - designed to be done in 15 - 20 minutes and to prepare you for the retreat
- **Daily emails** containing short meditations, breath, and inspirations/ thoughts for the day - all/most practices can be done in as few as 5 minutes but there is the opportunity for more....
- **One Month Membership** with YogaNetra.com for online videos of home practices to complement Daily Emails

**Thursday April 26 - *Gratitude for the journey***

**4 - 5:15 p.m.** Welcome & Grounding Yoga & Meditation

Relax, breathe, marvel...

**5:30-7:30 p.m.** Dinner

**8-9:15 p.m.** Meditation & Restorative Relaxation Class

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## Friday April 27 - *Gratitude for the magnificence that surrounds*

**7 -8 a.m.** Awakening Yoga (sun salutation based)

Breakfast, morning walk, sit and reflect...

**10 - 4 p.m.** Cycling excursion (lunch included)\*\*

Take time for yourself, journalling, napping...

**5 - 7:30 p.m.** Dinner

Take a moment to savour....

**8 - 9:30 p.m.** Meditation & Restorative Yoga

## Saturday April 28 - *Gratitude for the strength within*

**7 - 8 a.m.** Strengthening practice (standing & core strengthening based)

Breakfast, morning walk, sit and reflect...

**10 - 2 p.m.** Walking Meditation excursion (lunch included)\*\*

Take time for yourself, journalling, napping...

**5 - 7:30 p.m.** Dinner

Take a moment to savour....

**8 - 9:30 p.m.** Meditation & Restorative Yoga

## Sunday April 29 - *Gratitude for what will be*

**9:00 - 11:30** Meditation, Yoga and Reflection Practice

**11:45 - 2:00** Celebrating *What Will Be* Lunch (included)

## Arrive home relaxed, reconnected & filled with Gratitude

\*\* Cycling will occur in rain or shine unless as decided upon as unsafe by our guides. In the event of cancelling due to weather, the cost of the cycling will be reimbursed

\*\*Saturday's walking meditation practice may be shortened if weather is not supportive of this practice and will be replaced by inside yoga

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