

NAVIGATING CHANGE

JANUARY 19-21 2024



A Winter Retreat... On being with uncertainty

Change can be exciting and full of hope and possibility. It can also be scary, uncomfortable and feel like it's taking too long. Whether you are passionately embarking on a new adventure like a different career path or motherhood. Dealing with heartbreak or health issues, the unknown and change can reveal so much about who we are.

When things are shaky
and nothing is working
we might realize we are
on the verge of
something

Pema Chodron

Whether you are having challenges with change or embracing it we all can feel fear, doubt, confused and often alone. This retreat is all about connecting us through our stories. Sharing. Being heard and seen.





Sample Itinerary

Friday: Welcome drink and snacks.

Kundalini yoga & opening circle

4 course dinner

Rest & Relax

Saturday: Morning Kundalini yoga.

Breakfast.

Free time

Lunch.

Sharing circle, Discussion on Change, free time

Spa yoga and breathwork with Carolyn Budgell

Dinner

Sunday: Morning Kundalini yoga. Closing circle.

Brunch

Departure & optional ScandinaVe Spa



Learning to live with ambiguity is learning to live with how life really is, full of complexities and strange surprises

James Hollis



Rooms start at \$700 pp

This 2 night, 3 day retreat will take place at Ancient Cedars Lodge in Pemberton BC, approximately a 150 km drive from Vancouver (2.15 hours by car)

Surrounded by nature and tranquility we will explore the theme of what it means to navigate change and be with the unknown.

There will be:

Kundalini yoga

Breath work

Journalling, journal prompts and group sharing

Spa yoga led by Carolyn Budgell.

Hot tub

Relaxation and connection

All meals provided. Including a welcome snack and mocktail.

Optional ScandinaVe Spa

INFO & MARIKARICHOZ.COM