

# RECEIVE RETREAT

JUNE 7TH - 10TH 2024



*Pema Chodron*

“When you graciously receive, you give others the gift of giving.”

Ray A Davis

What would you like to receive?  
What do you have to offer?

This retreat is about being open to what wants to give itself over to you. It is about your gifts and what you want to share. It's about nourishment, connection and curiosity. It is about possibility and wonder.





Rooms start at \$950 pp

This 3 night, 4 day retreat will take place at Naramata BC, approximately a 260 km drive from Vancouver. Set in the hills overlooking Okanagan lake we will be together in a stunning home with views of nature, pool and hot tub and lots of outdoor space to relax.

There will be:

Kundalini yoga, meditation and breath work

Nature walks on the Kettle Valley Railway Trail  
Journalling, journal prompts and group sharing

Connection and sharing

Optional wine tour

All meals provided minus final dinner out at local restaurant.



### Sample Itinerary

*Friday:* Welcome drink and snacks.

Kundalini yoga & opening circle

4 course dinner

Rest & Relax

*Saturday:* Nature walk

Breakfast.

Free time

Lunch.

Pool time. Rest. Optional yoga.

Sharing Circle

Dinner

*Sunday:* Morning Kundalini yoga.

Breakfast

Free time

Lunch

Dinner out at restaurant

*Monday:* Kundalini yoga

Brunch

Goodbye and check out