



Rhythms of Nature

Kundalini Yoga and Meditation Retreat

Teacher: Paola di Paolo

Dates: September 11 - 13th, 2009

Location: Northern Light Retreat Centre, near Singhampton, ON.

Enjoy the spiritual practices of Kundalini Yoga and Meditation in this beautiful and natural setting. The rhythms of Kundalini Yoga and meditation resonate with the primordial rhythms of our natural world. We will practice Kundalini yoga, meditation and sadhana as well as enjoy a herbal workshop with Heather Bakazias, master herbalist. This is a community retreat. Build community in the Aquarian spirit of sharing the cooking of traditional Kundalini Yoga foods.

The grounds of Northern Light are beautiful – walk through gardens where you can discover a variety of vibrant perennials and annuals, 2 stone circles and a labyrinth. This setting is wonderful for a realigning our own energy and yoga practice. Accommodation: shared. Food: Vegetarian.
Cost: Dormitory: \$395.00/ Bring your own tent: \$350



Photo from Northern Light Centre

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No refunds or exchanges.

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