



# SparrowsYoga

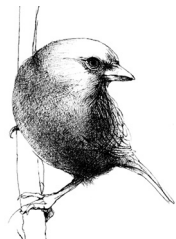
## Yoga Retreat in Northumberland Oct 23–26

Join us for 4 glorious days and 3 nights in the beautiful rolling hills of Northumberland.

We'll explore over 100 acres of lush forest, walk the stone labyrinth, and practice our beloved yoga in an amazing yurt.

With plenty of safe spaces to rest and connect, we can stay in the large, comfortable farmhouse built in the 1860s or choose from new cabins built with timber from the Fellsmeadows property.

Give yourself permission to stretch and shift.



## Schedule

### Thursday: Arrive anytime after 12 pm

5:00–6:30 pm Opening & yoga  
6:45 pm Supper  
8:00–9:15 pm Meditation

### Friday and Saturday

6:45am Wake-up bell  
7:15–7:30 am Walking meditation  
7:30–8:30 am Morning stretches,  
pranayama & meditation  
8:45am Breakfast in silence  
Explore, shower, rest....  
10:15am Bell  
10:30–12:30 pm Yoga  
12:45pm Lunch  
Play with possibilities;  
plenty of options!  
3:00pm Bell  
3:15–5:00 pm Yoga  
5:00–5:30 pm Meditation  
6:00 pm Supper  
7:45–9:00 pm Evening Meditation &  
Yogi Nidra

Silence until campfire

### Sunday

6:45 am Wake-up bell  
7:15–7:30 am Walking meditation  
7:30–8:30am Morning stretches,  
pranayama & meditation  
8:45 am Breakfast in silence  
10:15 am Bell  
10:30–12:30 pm Yoga  
1:15 pm Lunch  
Private closing @ labyrinth

## Details

### Where?

Fellsmeadows.com  
(about 1.5 hours east of Toronto)

### Who?

Mar Jean Olson and John Campbell

### How Much?

#### Grand total single = \$930

(includes 3 nights accomodation with  
delicious vegetarian meals, all yoga classes,  
taxes, and government TICO fee)

#### Grand total shared = \$808

(includes 3 nights accommodation  
(2 per room) with delicious vegetarian meals,  
all yoga classes, taxes, and  
government TICO fee)

### How to Register?

We register in 2 steps.

1st step: by Aug 22, register with me by  
email & e-transfer \$158 to reserve  
your space

2nd step: by Sept 5, pay the remainder  
to Vera.

Single = \$772 to Vera

Shared = \$650 to Vera

Contact: vera@ubtv.ca to arrange payment.

Vera: (416) 476-7499 at Uniglobe

Bon Voyage Travel

TICO #244212



Please feel free to get in touch with me with any questions.

Mar Jean: olsonmj123@gmail.com

sparrowsyoga.com

Hope you join us. More yoga!