



# Sparrows Yoga

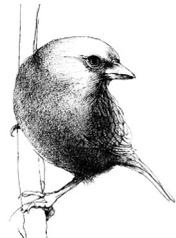
## Yoga Retreat in Northumberland April 30–May 3

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 3 pm

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

### Friday and Saturday

- 7:00–7:30 am Walking meditation
- 7:30–8:30 am Morning stretches,  
pranayama & meditation
- 8:45 am Breakfast in silence  
Explore, shower, rest....
- 10:15 am Bell
- 10:30–12:30 pm Yoga
- 12:45 pm Lunch  
Freestyle
- 3:00 pm 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

- 7:00–7:30 am Walking meditation
- 7:30–8:30 am Morning stretches,  
pranayama & meditation
- 8:45 am Breakfast in silence
- 10:15 am Bell
- 10:30–12:30 pm Closing & Yoga
- 12:45 pm Lunch



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

Mar Jean: [olsonmj123@gmail.com](mailto:olsonmj123@gmail.com)

[sparrowsyoga.com](http://sparrowsyoga.com)

Hope you join us. More yoga!

## Details

### Where?

**Fellsmeadows.com**  
(about 1.5 hours east of Toronto)

### Who?

Mar Jean Olson and John Campbell

### How Much?

**Grand total single = \$937.**  
(includes 3 nights accommodations, meals,  
yoga classes, all taxes, and government TICO fee)

**Grand total shared = \$837.**  
(includes 3 nights accommodations (2 per room),  
meals, yoga classes, all taxes, and government  
TICO fee)

### How to Register?

We register in 2 steps.

**1st step: by March 10, contact Vera** to arrange  
payment for accommodations, TICO fee, and all  
taxes.

Single = \$430 to Vera

Shared = \$330 to Vera

**2nd step: by March 15, contact me** to arrange  
payment of \$507 for yoga fee & food.

**Vera:** [vera@ubvt.ca](mailto:vera@ubvt.ca)

**Uniglobe Bon Voyage Travel** (TICO #2444212)

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**Mar Jean Olson**

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