



esther myers yoga studio

YOGA RETREAT

YOGA
in the
**HOCKLEY
VALLEY**

with Mar Jean Olson

June 16 - 18

Give yourself time and space - to breathe, release and explore.

Join us for a weekend of yoga in glorious surroundings! Just 50km north of Toronto - near Orangeville - we'll be within 200 acres of splendid natural forest in the Niagara Escarpment Hills, along the Bruce Trail and the Nottawasaga River.

The location offers plenty of opportunity for relaxation, whether you enjoy walking the labyrinth, swimming in the pool, hiking the trails, checking out the orchard, or quiet reflection.

Mar Jean Olson began yoga as part of an athletic childhood, and has been teaching at Esther Myers Yoga Studio since 1993. She has studied Isshinryu Karate since 1981 and has been a student at the Toronto Zen Center since 1984. She also has a Ph.D in Technical Writing.

Shared \$485(pp) or Private \$540

For more information or to register contact EMYogaStudio.

390 Dupont Street, Toronto, Ontario, Canada M5R 1V9
tel 416 944 0838 email info@estheryoga.com www.estheryoga.com

FRIDAY

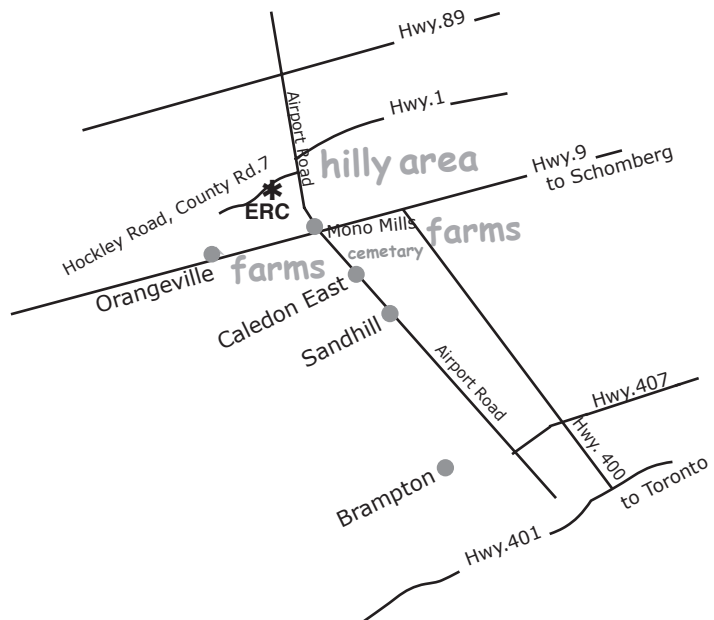
We can arrive anytime after 3pm.
5:00-6:20pm Opening and yoga
6:30 Supper
8:00 Pranayama and evening meditation
9:15 Closing chant
Silence until campfire

SATURDAY

6:30am Wake-up bell
7:00 Walking meditation
7:15-8:00 Pranayama and morning meditation
8:15 Breakfast in silence
explore, shower, rest.....
10:00 Bell
10:15-12:15pm Yoga
12:30 Lunch
Free time
3:15 Bell
3:30-5:30 Yoga
6:00 Supper
7:30 Pranayama and evening meditation
9:00 Closing chant
Silence until campfire

SUNDAY

6:30am Wake-up bell
7:00 Walking meditation
7:15-8:00 Pranayama and morning meditation
8:15 Breakfast in silence
10:00 Bell
10:15-12:15pm Yoga
12:30 Lunch
Closing



DIRECTIONS FROM TORONTO (52 km from 401 & Airport Road)
From Hwy 401 go North on Hwy 400. From Hwy 400 exit onto Hwy 9 (to Orangeville) Drive West on Hwy 9 for 32 km to Airport Rd (at Mono Mills, traffic light) Go North (right) onto Airport Road and continue for 7km. Turn West (left) onto Dufferin Rd 7 (aka County Road 7 or Hockley Road) at the amber flashing light. Drive 2.5 km to the ERC sign and turn left up the driveway. The first building on the right is the Dining Hall, parking is on the left, or continue up to the Lodge to unload.

The Ecology Retreat Centre, Mono, Ontario, L9W 6N2
Tel: (519) 941-4560. For driving directions from other locations please check the Ecology Retreat Centre website at www.ecologyretreatcentre.com.

We use the Main Meeting Hall for yoga and the Lodge for our sleeping quarters. The Hall nestles amongst trees, and the Lodge provides 15 bedrooms. There's plenty of delicious vegetarian food. Please contact the Studio if you have dietary restrictions. Special meals must be ordered 1 week prior.

What to bring? Your own yoga mat and an extra blanket if you can. The Centre provides bedding, pillows, and towels. Bring a flashlight if you have one. There's no need for make-up, perfume, shaving, or jewellery.

REGISTRATION FORM for HOCKLEY VALLEY RETREAT

June 16 - 18, 2017

Name: _____

Address: _____

Phone: H _____ W _____ email: _____

Registration is accepted on receipt of the Studio portion of the payment for yoga (\$195, non-refundable, due now). We accept cash, cheques, debit, MasterCard and Visa. For more information contact the Studio at info@estheriyoga.com.

MasterCard or Visa number _____ Expiry date _____

Single____ Shared____ Food allergies or dietary restrictions (not preferences) _____

Can you provide transportation?____ Do you require transportation?____ Nearest intersection _____

Accommodation and Meals: Following registration with the Studio, a payment for accommodation and meals at Ecology Retreat Centre must be made through Kevin Choong at Merit Travel (kchoong@merittravel.com, 416 345-9726 x5317, TICO-registered #50017684). Single \$345, Shared \$290(pp). Please note there is a limited number of single rooms available. In your communication with Kevin, please indicate the name and date of the Retreat.

Cancellation policy: The Studio payment is non-refundable. Please enquire with Merit Travel regarding accommodation and meal cancellation policies.