



# MINDFULNESS YOGA RETREAT

May 25<sup>th</sup> to 27<sup>th</sup>, 2018

Swallow's Bridge Retreat Centre  
with Wendy Sammut

Join us for a weekend away at Swallows Bridge Retreat Centre in Alton less than an hour northeast of Milton. The grounds at Swallows Bridge encompass 80 rolling acres of meadows and woods offering a variety of walking trails and places to linger.

<http://swallowsbridgeretreat.com/>

By taking time for yourself, your weekend will provide the opportunity to:

- Participate in Hatha Yoga, Meditation, & Mindfulness Practices that will leave you feeling strong, energized and refreshed
- Explore what it's like to truly experience calm in the midst of the busyness of life.
- Spend time allowing your mindfulness practices to evolve and deepen.
- Delight in the wonderfully delicious & healthy vegetarian meals prepared by on-site by our hosts Nancy and Jorge.
- In between sessions, you can choose to socialize, spend time alone, walk, sleep, journal or read.

**Come on retreat and step away from the demands of life. Unwind, unplug and be immersed in your own yogic experience.**

### WHAT TO BRING

- yoga mat, belt, blanket (if you need a mat or belt, please let us know)
- Bed linens & blanket/quilt or sleeping bag & pillow
- Towels, face cloths, personal hygiene items
- Indoor shoes &/or slippers
- Seasonal clothing & footwear for walking & being outdoors
- Flashlight
- Alarm clock

*Please no perfume or heavily scented products (incense, candles, etc.) or alcoholic beverages*

### INVESTMENT

Price includes shared accommodation, 6 meals, all yoga, meditation & mindfulness sessions with full use of the facilities and grounds.

- Early Bird: \$395 + HST (\$446.35) **if paid in full By March 16<sup>th</sup>, 2018**
- **OR**
- \$420 + HST (\$474.60) After March 16<sup>th</sup>, 2018.
- **Non-refundable** deposit of \$125 + HST (\$141.25) is **due at the time of registration**
- **Balance (\$333.35) due by April 30<sup>th</sup>, 2018**



### TYPICAL RETREAT SCHEDULE

#### FRIDAY

4:00 pm & on Arrival  
 6:00-7:00pm Light Stretching & Breathing  
 7:15pm Dinner  
 9:30pm Evening meditation & awareness of silence\*

#### SATURDAY

7:30-8:00am Morning meditation\*  
 8:15am Breakfast  
 10:00am-12:15pm Asana Practice  
 12:30pm Lunch  
 4:00-5:30pm Reflective Asana Practice  
 6:00pm Dinner  
 9:30pm Evening meditation & awareness of silence\*

#### SUNDAY

7:30-8:00am Morning meditation & end of silence\*  
 8:15am Breakfast  
 10:00am-12:15pm Asana Practice  
 12:30pm Lunch  
 2:00pm Closing Circle

**Note: Morning & Evening Meditation may be held outdoors, weather permitting. Please dress appropriately for the time of year.**

# Mindfulness Yoga Retreat with Wendy Sammut

Friday May 25<sup>th</sup> to Sunday May 27<sup>th</sup>, 2018 @ Swallow's Bridge Retreat Centre, Alton

## REGISTRATION FORM

### PLEASE PRINT CLEARLY

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ POSTAL CODE \_\_\_\_\_

EMAIL \_\_\_\_\_

PHONE \_\_\_\_\_ CELL \_\_\_\_\_

### EMERGENCY CONTACT

NAME \_\_\_\_\_ PHONE \_\_\_\_\_

COMMENTS/SPECIAL REQUESTS: \_\_\_\_\_

FOOD OR OTHER ALLERGIES? PLEASE LIST \_\_\_\_\_

DO YOU HAVE YOUR OWN YOGA EQUIPMENT? YES NO

DO YOU NEED A RIDE? YES NO CAN YOU PROVIDE A RIDE? YES NO

### COST

- Early Bird: \$395 + HST (\$446.35) **if paid in full By March 16<sup>th</sup>, 2018**
- \$420 +HST (\$474.60) After March 16<sup>th</sup>, 2018.
- **Non-refundable** deposit of \$125 + HST (\$141.25) is **due at the time of registration.**
- Balance (\$333.85) due by **April 30<sup>th</sup>, 2018**
- Price includes (shared) accommodation, 6 meals, and all mindfulness sessions & activities.
- For PayPal, Credit Card or E-Transfer – go to [www.wendysammut.ca](http://www.wendysammut.ca) to register.

### REFUND POLICY

- The confirmation deposit of \$125 + HST **is non-refundable.**
- Cancellations made on or after April 15<sup>th</sup>, 2018 (& before May 1<sup>st</sup>, 2018) will be refunded a maximum of 50% of the amount paid (less the deposit fee).
- Cancellations made on or after May 1<sup>st</sup>, 2018 are not entitled to any refund.
- *Please note:* if the retreat is cancelled by Wendy Sammut or Swallow's Bridge all payment will be refunded.

**I, the undersigned, agree to the terms & conditions of the refund policy as set out above.**

NAME (PLEASE PRINT)

SIGNATURE

DATE

[connect@wendysammut.ca](mailto:connect@wendysammut.ca)

905-393-6999 / 416-858-7014

[www.wendysammut.ca](http://www.wendysammut.ca)

### OFFICE USE ONLY

	AMOUNT	DATE	METHOD	COMMENT
DEPOSIT				
BALANCE				