



3wolves.org

www.3wolves.org

Retreat Registration Form

7 – 1300 Icoo Road
Ioco, BC V3H 5B2
604-469-7825

retreats@3wolves.org

Going Deeper: A Day of Renewal and Inner Peace

(please print clearly)

LastName: _____ **FirstName:** _____

Address: _____ **Prov./State:** _____

City: _____ **Phone (day):** _____

Post/Zip Code: _____ **Phone (eve):** _____

Occupation: _____ **Phone (cell):** _____

Email Address: _____

Web Address: _____

Registration Fee: \$ _____ (please make cheque payable to "Shadow Support" and mail to the address above)
suggested scale \$80-\$125

Food Allergies/Sensitivites:

- | | | | | |
|----------------------------------|---------------------------------|---------------------------------------|----------------------------------|--------------------------------|
| <input type="checkbox"/> cheeses | <input type="checkbox"/> eggs | <input type="checkbox"/> sesame seeds | <input type="checkbox"/> walnuts | <input type="checkbox"/> wheat |
| <input type="checkbox"/> milk | <input type="checkbox"/> yogurt | <input type="checkbox"/> almonds | <input type="checkbox"/> sugar | <input type="checkbox"/> rice |

Any vegetables/fruits (please list)?: _____

Anything else? _____

Additional Info:

Please indicate any physical, medical, or other concerns for the Yoga portion of the retreat, so Neena is aware of these and can provide variations of the postures to meet your needs.

Retreat Facilitators

Neena Shahani (yogini): With yoga, people enjoy more flexibility, energy, vitality, clarity of mind; improved circulation and strength; an overall sense of peace. A self-exploration of body/mind wholeness, Neena guides us through Hatha Yoga postures, Pranayama (breathwork), and meditation, and gives us tools with which to build an on-going yoga practice. It's wonderful to develop your own sequencing of Asanas (postures) and to discover new ones. Neena also refers to Sanskrit words and expresses their meaning to help deepen the yogic experience. (604-889-1146)

Shasta Martinuk (teacher and sound healer): Though her musical life began in symphony orchestras and chamber music, about 10 years ago, Shasta became entranced by the sound of crystal toning bowls. The bowls played a central role in her personal journey from classical musician to sound healer,, and she been using them in a variety of ways, often as a supporting instrument for the human voice. Chanting to the sound of crystal bowls is a powerful technique for connecting deeply with yourself and others. (604-947-2283, www.thelisteningwell.ca)

Joanie (energyworker and spiritual guide): Energy *came* to Joanie in the early 1990s. She explored this phenomena, became a Vibrational Healing Practitioner, an Attunement Practitioner, and enhanced this work with other studies, such as *The Course in Miracles*, Reiki, meditation, lightwork, and Enlightenment Intensives. In this retreat, Joanie guides us through visualizations, meditations, journaling and groupwork to help expand our awareness of our own energy, and shares some techniques for tuning-in and integration that we can take with us. (604-469-7825, www.3wolves.org)

Saturday
23rd September 2006
11:30 am-7:30 pm

a snack and supper are included
by donation (suggested scale \$80-\$125)

About the Retreat

This 1-day retreat is for those who wish to go deeper and reconnect to the peace within through yoga, crystal bowls and chanting, communing with nature, guided meditations, and sharing reflections.

We shall gather together, contemplate with some guided relaxations and visualizations; move our bodies with yoga; enjoy a snack and commune with nature in silence; resonate while listening and chanting to the sound of crystal bowls; gather again in meditation, and sharing of reflections; then continue sharing while enjoying a tasty meal together.

The registration deadline date is September 11th and early registration is recommended as space is limited to 10 participants.

Send an email to reserve your spot asap, complete the [registration form](#) and mail along with your cheque to:

Shadow Support
7-1300 Ioco Road
Ioco, BC V3H 5B2

This 1-day retreats is held at 'The Wolfe's Den' at 'Sunnyside' in Ioco (Port Moody), a sacred natural park-like setting on the water where the Salish First Nation's people camped long ago.

Directions and details will be emailed to participants 1-week before the retreat. A \$35 processing fee is charged for cancellations after August 26th, and refunds shall be granted in the final week if you find your own replacement.



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Going Deeper: A Day of Renewal and Inner Peace

through Yoga,
Chanting with Crystal Bowls,
Communing with
Self and Nature

a 1-day Retreat

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