

Deepening into Winter Yoga Retreat with Kate Potter



DETAILS

Cost: \$200

Need: A yoga mat and a blanket

Where: Gambier Island Community Centre

How: Send money and or questions to
kateyoga@hotmail.com

When: Email name and phone # soon

Kate Potter's website:
www.katepotteryoga.ca

November 23-25 Gambier Island

Yoga and meditation at this time of year can really give a quality of awareness to your life that is not available in the lighter months. Lets together dive deep and take seriously the needs of our active minds and distracted hearts. We will, again and again, with body and breath relax deeply, stretch fully, move slowly and sink gently into winter's warmth.

Friday, 7:00-9:00 pm. – Restful Beginnings

A review and something new, to remind you of the need for ease in an evening practice.

Saturday, 8:00-9:00 am. – Meditation Light

Don't miss this chance to learn the prelude to sitting meditation followed by a 20 min sit.

Saturday, 9:30 - 12:00 am – Rock Your Flow

Kate's signature style has much to do with sequences learned and repeated with breath body links. Discover how easy movement can be when you stick to the breath.

Saturday, 2:30 - 5:00 pm. – Yoga Gotta Bend

As we age, our needs are so different. Learn 2 -30 minute quick fix routines. Bring your questions for this workshop on reframing your ideas of yoga. Classes are a great thing, but a personal practice is where you really make a change. Take home a personal practice that will age with you.

Sunday, 8:00 - 9:00 am. – Meditation Muse

Learn to be the one who sits down first before standing up for change. We start with a gentle prep and then sit still for 25 minutes. You can do this!

Sunday, 9:30 am. - 12:30 pm. – Chakra Charge

Lets chose in the moment which chakra flows we want. Need fire? Need air? Need a bit of salty earth? We will have time to learn 2 flow sequences plus a bit of review.