

## RELAX.REPLENISH.RENEW.

**EDUCATOR’S RETREAT INFORMATION & SCHEDULE**

AUGUST 23rd – 24th, 2014

Jacqueline Schoemaker Holmes, PhD and Anita Mitra, BFA, B.Ed invite educators to refresh their spirit and regain their balance by indulging in a beautiful self-renewing retreat this August. For two days luxuriate in the scenic beauty of **Arnprior’s Galilee Retreat Centre** situated in an old growth for rest and overlooking the Ottawa River. These two gorgeous days will be filled with activities to replenish one’s spirit through yoga, meditation, creative explorations, laughter and community building.

Join Anita and Jacqueline for the perfect way to prepare you for September.

Your investment is $245. Early bird rate is $225 until June 16th. Register today by calling

613-222-4042 or emailing anita.mitra@ucdsb.on.ca

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**LOCATION:** GALILEE RETREAT CENTRE, 398 John Street North, Arnprior, ON

Galilee Centre is a welcoming holistic spiritual life centre that is an oasis of peace, care and comfort.

Visit Galilee’s website for more information at: <http://www.galileecentre.com>



**WHAT TO EXPECT:**

* Kundalini yoga classes for resilience, balance, energy and self-care (all levels)
* Meditation instruction and guided meditations sessions
* Guided walks/time in nature
* Mindfulness through arts-based explorations
* Nutritious vegetarian meals and snacks throughout the day

**SCHEDULE**

**Saturday August 23rd, 2014**

9:00 am arrival and registration

9:30am Workshop #1: **Relaxing with What Is** (Opening to Self)

 Snack break

11:00 am Self-Care Kundalini yoga followed by meditation (for all levels)

12-1pm LUNCH

1:30pm Workshop #2: **Replenishing Our Spirit** (Bridging the personal and professional)

* **Creative exploration** and discussion (wellness strategies, surviving the year)

3:30pm **Time for yourself**

* **Silent Reflection** - optional activities: labyrinth walk, reading, journaling

5-6pm DINNER

6:30-8:30pm Workshop #3: **Renewal:** Mindful walk and bedtime gentle yoga

**Sunday August 24th, 2014**

6:45-8am Energize and Uplift Yoga

8-9pm BREAKFAST

9-11:00am Workshop #4: **Reflecting on the Three R’s** (Relax, Replenish, Renew)

* **Community-building**, wellness strategies to prepare for a great year

12-1pm LUNCH

1-3pm Closing Circle & Celebration