

# Yin Yoga Teacher Training with Biff Mithoefer

Sunday through Friday November 12-17, 2017

Villa Madonna Retreat House, Rothesay, NB

Hosted by Ruth Richman and Yoga Ink  
yogaink.com 902-969-3102 yogaink@icloud.com

For answers to questions not found here please email or call the numbers above.

For more information about internationally known and loved Yin Teacher Biff Mithoefer [www.biffmithoefer.com](http://www.biffmithoefer.com)

1. **Why Retreat Format?** The schedule is very full. Days begin early and three of the five evenings go late. No time for commuting or delays for bad weather!

2. **Why this Location?** Villa Madonna Retreat House, Rothesay, NB is close to Saint John and 1.5 hours from Moncton. It is a beautiful, spirit-rich location, with staff that is knowledgeable and accommodating, a large room for the program, and other amenities.

There are multiple rooms and places to be in solitude or with friends throughout the building.

We hope for great fall weather as it sits on 102 wooded acres on the Kennebecasis River, with trails, gardens, places to sit, and woods to explore.

There is no smoking in the building. There is a designated area on the porch, please follow the Villa's smoking guidelines.

Directions to the Villa and more information about the retreat center can be found at [www.villamadonna.ca/](http://www.villamadonna.ca/)

### **3. What is the Schedule?**

**Sunday, November 12** - arrive at Villa Madonna

4:00 PM - check in; meet friends; explore the house and grounds.

5:30 PM – dinner

7:30 – 9:30 PM – evening session – attendance required

## **Monday – Friday**

**(Mon.-Thurs. format as below; Fri., Nov. 17 ends with lunch.)**

6:00 – 8:00 AM - Asana practice, pranayam & meditation with Ruth  
and/or Debra (yang to balance the Yin)

8:00 – 9:00 AM Breakfast

9:30 AM – 12:30 PM Session

12:30 – 1:30 PM Lunch

2:30 – 6:00 PM Session

6:00 – 7:00 PM Supper

## **Tuesday and Thursday evening programs**

7:30 – 9:30 PM

## **Friday, November 17 – depart after lunch**

All personal effects need to be out of your room by 9:30 am. Pack your car or leave by the front entrance.

Attendance is required at all sessions, morning practices, and evening events to receive 50 hour Yin Yoga Teacher Training credit.

Washrooms are available throughout the building

## **4. What are the room choices?**

There are two types of accommodation:

- a. Single – with one bed, simple furniture, bedding and towels, and sink. Shared toilets and showers down the hall.
- b. Suite – bedroom, sitting room, and private bath – only two available. ADD \$230 for single or \$340 for a couple, includes hst.
- c. Single room with private bathroom ADD \$145.

Room upgrades are available on a first come first served basis and need to be reserved with full payment. The Villa reserves the right to withhold the suites and rooms with private bathrooms until late October.

**Couples:** Couples pay as individuals for the training and receive a discount for accommodations. Some of the single rooms have double beds, you have your choice to share a room at a discount or have two rooms at full price or request a suite. Our definition of a couple is “two people that share their home and life with each other.”

## **5. What are meals like?**

Three meals a day are included in the training fee and served in the sunny

dining room.

Hot water, coffee and tea choices are available in the dining room.

Hot water, tea selection, and light snacks are available in the Yoga Room at break times.

Special diet needs are listened to but we cannot guarantee that we can meet all needs... If you are on a strict regime, you may need to bring your own supplies. We will work with the kitchen staff and you as much as possible. Please make arrangements well in advance.

- Gluten-free foods are available at every meal.
- Tossed Salad bar at lunch and supper
- Poultry and fish served throughout the week.
- Vegetarian options are provided.
- Breakfast is an assortment of ready to eat and cooked foods..

### **PLEASE INFORM US OF ALLERGIES AND FOOD SENSITIVITIES**

Peanuts, tree nuts, wheat, and other possible food allergens on site.

There is a refrigerator for our use in the dining room. PLEASE do not eat in your room. Snacking supplies may be stored in the dining room near refrigerator.

### **6. What do you need to bring?**

Yoga mat

Mat topper if you use one

Blankets: one for under the mat, one for on top of you, and if you use one for support

Bolsters

Blocks

Meditation cushion or whatever you use to sit comfortably

Water bottle

Notebook and writing utensils

Clothes to practice in, to hang around in and to be outside in

Toiletries

Personal items to make your stay more homey and comfortable

There will be a limited amount of cushions etc. available for practice. Please bring what you can for your own use.

### **7. Miscellaneous**

- a. water - The Villa Madonna Retreat House has its own excellent well.
- b. wi fi is free and found in certain areas of the building.
- c. there are laundry facilities for use in the evenings and scent-free detergent.
- d. Please, no tech toys in the classroom – this includes cell phone, ipads, laptops etc.

### **8. What does the training cost?**

- Early bird price until July 15: \$1550 (last year's price with 15%)
- Full price from July 15 - November 12: \$1630
- Price includes: 15% hst, single room, shared toilets and baths, all meals, all sessions with 50 hours of Yin Yoga Teacher Training credit.

\$500 Deposit is required to hold your spot, with payment due as above. The deposit doesn't guarantee early bird rate. It is determined by when full payment is received.

Biff limits the training to 30 participants.

**Refund Policy:** every situation is unique! That being said we have to have a refund policy and here it is:

1. Full refund of deposit if training is cancelled.
2. \$50 fee if you cancel and have only paid your deposit.
3. Full refund of workshop fee if training is cancelled and you are fully paid.
4. \$100 fee if you cancel up to 14 days before training begins
5. 25% fee if you cancel after October 30
6. **No credit or refund** if you cancel on arrival day; if you do not show up; or if you leave the training early for any reason. No refund if you attend and are dissatisfied with its presentation or content.

**Couples:** \$2750 – includes tax, all meals, and the 50 hour training for both. Based on double occupancy in a single room with double bed, and sink. Toilets and showers down the hall. For clarification: A couple is 2 people that live together when they are home!

### **Room Upgrades:**

There are 2 suites: bedroom with double bed, large sitting room, and private bath – ADD \$230 as a single or \$350 for a couple, hst included, to the appropriate price for the retreat for the five nights.

### **8. How do I pay?**

- a. cheque made out to Yoga Ink and mailed to Ruth Richman, General

Delivery, 51 Water Street, Georgetown, PEI C0A 1L0

- b. etransfer to [yogaink@icloud.com](mailto:yogaink@icloud.com) send her an email with the answer to the security question and she will send you a notice of receipt. Yin is a good answer.
- c. cash is always accepted if you see Ruth in person!

### **Biff Mithoefer Yin Yoga Teacher Training**

**November 6-11, 2016 Villa Madonna Retreat House, Rothesay, NB**

Name(s) \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Province \_\_\_\_\_

Postal Code \_\_\_\_\_ Phone with area code \_\_\_\_\_

E-mail \_\_\_\_\_

- Full price from - \$1630 - single room \_\_\_\_\_
- Couples price - \$2700 – standard room \_\_\_\_\_

#### **Room Upgrades: (depending on availability)**

- Suite: \$230 single or \$350 couple (first come, first served) \_\_\_\_\_
- ALL PRICES INCLUDE 15% HST after July 1, 2016
- Please send \$500 deposit with application.
- Make cheques payable to Yoga Ink and mail to: Ruth Richman  
RR#1, 3353 Launching Road, Cardigan, PE C0A 1G0
- Etransfer to [ruth@yogaink.com](mailto:ruth@yogaink.com)
- Cash is always accepted if you see Ruth in person

**Receipts will be distributed at the training.**

FOOD ALLERGIES/SENSITIVITIES? \_\_\_\_\_

#### **Refund Policy:**

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2. \$50 fee if you cancel and have only paid your deposit.
3. Full refund if training is cancelled.
4. \$100 fee if you cancel up to 14 days before training begins

5. 25% fee if you cancel October 23 to November 5
6. **No credit or refund** if you cancel on arrival day; if you do not show up; or if you leave the training early for any reason. No refund if you attend and are dissatisfied with its presentation or content. (Credit toward next year's course will be offered in case of accident less \$100 fee).

Signature \_\_\_\_\_ Date \_\_\_\_\_

**Yoga Ink... it's more than a good stretch**