

Spring Sadhana Celebration 2

Navraj Kaur (Debra Bathgate) and Atmabir Kaur (Ruth Richman)



May 26 - 28, 2017

Villa Madonna Retreat House, Rothesay, NB

dbdebraji@gmail.com 902-583-2674 yogaink.com ruth@yogaink.com

Early bird until Feb 28 = \$330 + hst

Full price = \$360 + hst

Same prices as 2016!

Couple's price = \$500 + hst

Retreat includes two nights single accommodation with shared facilities,
Friday supper through Sunday lunch and snacks, seven **all new** Kundalini Yoga
Experiences plus free time to relax, explore the grounds, or just BE!

Included here: Information on rooms, meals, fees, the location, and more.
Anything else? ruth@yogaink.com or call Atmabir Ruth 902-583-2674.

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Kundalini Yoga as taught by Yogi Bhanan is a scientific technology to bring more joy and happiness into your life, into your body, and into your spirit.

Kundalini Yoga is the only yoga style to combine physical action, breath work, chanting, mudras, meditation, and relaxation into each class, guaranteeing an experience! Kundalini Yoga concentrates on the nervous and glandular systems to help them reach optimal health and to balance the subtle system of chakras and meridians within the body.

The “Kriyas” are effective sets of physical action which guide the energies of the body and the mind to a specific result or change of consciousness.

The weekend will include seven all new Kundalini experiences with kriyas, chants, meditations, Breathwalk, two early morning Aquarian Sadhanas, Celestial Communication, and double gong relaxations.

This retreat is open to everyone from inexperienced to advanced students; all can attend and participate fully in the full weekend or as many Kundalini events as you desire.

Debra Bathgate and Ruth Richman (Navraj Kaur and Atmabir Kaur) will lead each experience. They received their Kundalini Yoga certification six years ago on PEI with Shakta Kaur from Chicago. They both have been teaching other forms of yoga for many years.

Navraj Kaur (Debra Bathgate) stepped into her first yoga class in 1996 with her teacher, Doris Tobias. By 1998 she knew that she wanted to become a teacher of yoga and with Doris’ guidance her journey began. Debra has brought the teachings of Hatha Yoga and Kundalini Yoga to many students over the years. Her passion for the teachings are filled with joy, laughter and compassion!

Navraj Debra looks forward to sharing with you the wonders that yoga can offer during this Spring Sadhana Celebration!

Atmabir Ruth began teaching Yoga on PEI in 1980 and continues to bring several styles of Yoga to students on the Island and in New Brunswick. She sees value in moving the body in different ways but loves to practice and teach Kundalini Yoga as it is the Yoga that helps people find and live more joyfully very quickly.

For information about Kundalini Yoga in the style of Yogi Bhajan www.kundaliniresearchinstitute.org and www.3ho.org

1. Schedule:

Arrive Friday, May 26

4:00 PM - check in for room and the weekend, meet friends old and new, explore the house and grounds.

5:30 – 6:30 PM – dinner

7:00 – 9:00 PM – evening gathering

Saturday

6:00 – 8:30 AM Early Morning Sadhana with Aquarian Chants

8:30 – 9:30 AM Breakfast

10:00 AM – noon Celebrate Spring with Kundalini Yoga part 1

12:00 – 1:00 PM Lunch

1:00 – 3:30 PM Your time

3:30 – 6:00 PM Breathwalk

5:30 – 6:30 PM Supper

7:00 – 8:30 PM Celestial Communications

Sunday

6:00 – 8:30 AM Early Morning Sadhana with Aquarian Chants

8:30 – 9:30 AM Breakfast

10:00 AM – noon Celebrate Spring with Kundalini Yoga part 2

12:00 – 1:00 PM Lunch

Our time together ends with Sunday lunch.

Attendance is optional at all events!

2. 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 accommodating staff, a large room for us to Celebrate in, and other amenities. There are rooms and places to be in solitude or spend time with friends throughout the building.

It sits on 102 wooded acres on the Kennebecasis River, with trails, gardens, and places to sit.

No smoking in the house, in the rooms, or anywhere in the building. If you do smoke there is a designated area, please follow the Villa's smoking guidelines.

The Villa Madonna Retreat House has its own excellent well.

wi fi is free and found in certain areas of the building.

There are laundry facilities for use in the evenings and scent-free detergent.

Directions and more information about the Villa can be found on line www.villamadonna.ca/

Carpooling: if you need a ride or have room in your car let us know and we can help you either find a ride or a ride buddy. At the moment we know that cars will be going to the Villa from PEI and Saint John.

3. Fees and Room Choices:

All rooms are carpeted, have simple furniture, bedding and towels.

a. Basic - Single – small but adequate room with sink. Shared toilets and showers down the hall.

- early bird ends Feb. 28 = \$330 + hst

- full price \$360 + hst

b. Small Single with private bathroom

- ADD \$45 + hst for weekend.

c. LARGE room with private bath – suitable for couple, three available, one queen, two double.

- as advertised: \$500 + hst for couple.

- ADD \$50 + hst to Basic price for a single person

d. Suite – bedroom with double bed, large sitting room, and private bath, three available.

- ADD \$75 + hst to Basic price for a single
- ADD \$100 + hst to the couples' price **

Room upgrades are priced for two nights accommodations and are on a first come first served basis. They need to be reserved with full payment.

** we define a couple as two people who when they are home share a bed and their lives.

PAY OPTIONS:

- a. cheque made out to Yoga Ink and mailed to Ruth Richman, RR#1, 3353 Launching Road, Cardigan, PE, C0A 1G0
- b. etransfer to ruth@yogaink.com remember to send a separate email with the answer to the question!
- c. cash is always accepted if you see Atmabir Ruth or Navraj Debra in person!

Receipts will be distributed at the retreat.

Refund Policy:

1. Full refund if the workshop is cancelled.
2. \$50 fee if you cancel before May 15.
3. **No credit or refund** if you cancel after May 15; if you do not show up; or if you leave the weekend early for any reason. No refund if you attend and are dissatisfied with its presentation or content.

4. Meals:

- Home cooked meals are served in the sunny dining room.
- Friday supper, three meals Saturday, and two meals Sunday plus snacks.
- Self serve tea and coffee available 24 hours a day.

Meals will reflect Kundalini Yoga's and the Maritimes celebration of cooking with love.

Breakfasts will include smoothies, oatmeal, classic comfort food, fruit.

Lunches and suppers will include simple salad bar, soup, and main dishes that are gluten-free and dairy free. Fish and vegetarian meals will be served.

Snacks are served in the yoga room and/or the dining room.

Please let us know if you have allergies or food sensitivities, we will do the best we can.

If you are on a strict diet regime, you may need to bring your own supplies, there is a refrigerator for use.

Please – no food in the bedrooms. There is a refrigerator for our use in the dining room. Snacking supplies may be stored in your car.

PLEASE LET US KNOW OF FOOD ALLERGIES AND SENSITIVITIES!

5. Bring:

- White or light clothing is encouraged but not required
- Head coverings such as a turban, kerchief, tuque, caps etc. are also encouraged for meditations but not required.
- Yoga mat
- Mat topper or sheep skin if you use one
- Blanket for relaxation
- Meditation cushion or whatever you use to sit comfortably
- Water bottle
- Cup or travel mug is encouraged for use in your room and yoga room
- Notebook and writing utensils are optional
- Clothes to practice in, hang around in, and be outside in
- Toiletries

Plus personal items to make your stay homey and comfortable as needed

There will be a limited amount of cushions etc. available, bring what you need if you can!

See the application on the next page. If registering online you can just email all the answers to the questions! It is not a live form.

Spring Sadhana Celebration 2! May 26-28, 2017

Villa Madonna Retreat House, Rothesay, NB

Name(s) _____

Address _____

Town/City _____ Postal Code _____

Phone _____ E-mail _____

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a. Basic – Single - early bird until Feb. 28 \$330	_____
- full price \$360	_____
b. Small Single with private bathroom ADD \$40	_____
c. LARGE room with private bath - COUPLE \$500	_____
- for this room if single ADD \$50 to Basic Room	_____
d. Suite - ADD \$75 + hst for single	_____
- ADD \$100 + hst for a couple	_____
Sub Total	_____
Add 15% HST	_____
TOTAL PAYMENT DUE	_____

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