

# *Annual Silent Yoga and Meditation Retreat*

**May 3-10, 2019**

Sugar Ridge Retreat Centre, Wyebridge, Ontario

---

**4 Meditations Daily  
2 Yoga Classes Daily  
3 Delicious Vegetarian  
Meals Daily  
Cabin in the woods**

**For more information or to register:  
647-707-1835  
[connect@tonigordon.com](mailto:connect@tonigordon.com)**

---

We use Eastern traditions to guide us deeper into our own awareness, offering a mindful, spiritual process for healing and evolution.

Begin spring with a deep sense of renewal we can experience in extended silence. Maybe find inspiration in the freshness and newness of the season, and ride the waves of peace that the woods have to offer. We sit in our own silence, within sacred community, among others of like mind and intention.

In the group we are silently encouraging each other forward in our healing and evolution.

Through extended time in silence we not only let the noise of our busy lives fall away, but we soon experience the quieting our mental chatter. As we find moments of true stillness, we begin to witness and get behind the stories and agendas of our fearful mind. Our inner journey provides insight, wisdom, and even release. We observe and can then let go of negative chatter and the painful stories we tell ourselves.

Bathe in the collective energy offered by the teachers and generated by this sacred community, engulfing the body/mind in healing consciousness.

Meditations will be lead by Toni with an offering of daily contemplations and reflections to help guide you on your journey inward. When we sit in meditative spaces, our intuitive self takes inspirational words and ideas to the next level, finding and feeling the depth of universal wisdoms.

Michelle will be lead through your Hatha postures and breath work during the day, facilitating a practice that will assist in circulating the energies and releasing the tensions of the body.

In the evening Michelle will guide you with gentle Yin, Restorative asanas, and Yoga Nidra to direct you deeper into surrender. All practices assist in calming the sympathetic nervous system allowing our being to process and let go.

As the mind releases, the body releases, and tensions and stressors, narratives and histories that we hold in our body are often allowed to fall away. Allow the quiet and the routine to take you to new places or

# Retreat General Information

## Tentative Retreat Schedule

Friday May 03

3:30 - 5:00 - Arrival

5:30 - Dinner and opening discussion

8:30 - Silence

Saturday – Thursday

AM

7:00 - Meditation

7:30 - Breakfast

8:00 - 10:00 - Unscheduled time or session

10:00 - 12:00 - Asana/meditation

PM

12:00 - Lunch

1:00 - 3:00 - Unscheduled time or session

3:00 - 5:00 - Meditation and check-in

5:30 - Dinner

7:30-8:30 - Evening meditation, yoga

Friday May 10

7:00 - Meditation

7:30 - Breakfast

8:00-9:30 - Unscheduled time

9:30-11:00 - Meditation and asana

11:00 - Break silence/debrief

12:00 - Lunch and check out

Visit [www.sugarridge.ca](http://www.sugarridge.ca) to learn more about the centre including maps and directions.

## Retreat General Information:

Located at Sugar Ridge Retreat Centre on Forgets Rd in Wyebridge, Ontario.

Please arrive and check in between 3:30-5:00 pm on May 3rd. We will have dinner together at about 5:30 pm, followed by brief introductions, discussion about expectations and routine, and then initiate silence after a meditation at approximately 8:30pm.

Enjoy shared cabins that are intentionally simple, yet comfortable. Each cabin has lots of natural light, electricity and are heated for the cooler weather. Cabins are less than a minute walk from the retreat centre & washroom facilities.

Yoga & meditation sessions will be appropriate for all levels.

**Investment:** \$1300 plus HST. A deposit of \$250 due upon registration to secure a spot. Full fee is to be paid by March 1, 2019.

**Payment Methods:** Cash, e-transfer, Visa or Mastercard. Please indicate at time of registration which form of payment is preferred.

Facilitated by:

Toni Gordon, Registered Psychotherapist, Ayurvedic Counsellor, Yoga and Meditation Teacher.

Michelle Compas, E-RYT500 Yoga Instructor, Yoga Nidra Instructor, Meditation Teacher, Reiki Master