

# All Women's Glamping Yoga Retreat 24th - 26th June, 2022

With Ali Woodman from Yoga and Mountains (FB & IG @yoga\_and\_mountains)  
Event takes place at Back 40 Outdoor, Brisco, BC

## **About Ali:**

Ali is RYT 500 yoga teacher based in Invermere, BC. She has certifications in a variety of different yoga styles: Hatha, Vinyasa, Yin, Restorative, Nidra, Adaptive & Trauma Informed yoga, as well as a Meditation Level 1 certificate. Her classes are on the gentler side making you feel safe and supported while moving through the poses. Ali has a sweet vibe and her calming voice will keep you relaxed and ready to rejuvenate your soul by aligning your mind, body, and breath. Ali's main mission as a yoga teacher is to help people explore their own expressions in yoga practice, discover ways to reconnect back to themselves, and find the path to healing or mindfulness.

## **About the Retreat:**

Leave the busy world behind for the weekend and reconnect back to nature. Enjoy the stunning views of the Canadian Rockies & Purcell Mountains while practicing yoga. We will be surrounded by 500 acres of wilderness with private trails, allowing us to breath out and ground our thoughts down. It's almost like a yoga summer camp for adults!

This retreat will help you to quiet your mind and RELEASE things that are no longer needed. You will replenish and RESTORE your soul and energy by letting your body get nourished with well tailored yoga classes that will be balancing active movement and restful practice. You will RECONNECT with your inner self and find empowering energy through Meditation and Yoga Nidra. On the top of that, you will let your tummy to be filled with healthy prana nourishing meals, enjoy an amazing time with likeminded women, and share your energy with them in our little weekend Sangha (community).

## **Price and payment info:**

**\$ 390** (Early Bird special is \$350 if booked by April 30th)

**\$ 50** deposit to book your spot, this deposit is refundable until May 31st

## **The remaining balance of \$340 is due on June 10th!**

Payments are accepted via **e-transfer to [yogaandmountains@gmail.com](mailto:yogaandmountains@gmail.com)**. You will get a confirmation email after each payment that it was received. Invoice available upon request.

If you cancel between June 1st - June 10th and you've already paid the full amount, you will be refunded \$340. If you cancel prior to June 1st, you will be refunded the full amount.

If the event is canceled by me, you will receive a full refund.

### **What is included:**

- 2 nights of shared accommodation in one of the 4person canvas bell tents with real beds and mattresses!
- 5 soul nourishing meals (dietary restrictions will be accommodated)
- 5 yoga classes in different styles, all will be outdoors so please bring appropriate clothing
- Essential Oils Mini Workshop (allergies will be accommodated)
- Mindfulness hike with incorporated yoga poses and meditation
- Hand Massage and Marma Points Scalp Ritual, you will learn how to perform these on yourself so you can enjoy the benefits at home!
- Lots of mini Meditations and one full Meditation and Yoga Nidra class for a Deep Rest

### **Amenities we will have access to:**

This is a Glamping retreat, so we are fully detached from the civilization (think camping without electricity and a hot shower) BUT! I will bring a power station to recharge our phones so we can take some fantastic pictures of the stunning mountain views! As well, we will have to WALK 200m from the parking spot to the campground, so please pack your belongings so they can be easily transported.

- Kitchen Shelter with picnic tables (can accommodate us in case of rain, but I've ordered bluebird days and perfect temperatures, so fingers crossed 🤞👉)
- Drinkable Kootenay Water jugs and running non-potable water for washing
- Gas stoves and BBQ
- Fire Pit and Camping Chairs
- Solar powered outlet and power station to charge smaller electrical items (no hairdryers please 😊)
- 2 dry outhouses (one of them is a 'Loo with a View' of the gorgeous mountains)
- One shower with running cold water (refreshing on hot summer days), one portable shower shelter with a warm water shower bag
- Each tent has it's own small platform where you can suntan, chat, or just chill
- Never-ending trail system to enjoy (if you're planning to venture on your own, please bring bear spray)
- Stunning views!!!

### **What is NOT included:**

- BEDDINGS - bring your own SLEEPING BAG, PILLOW & SINGLE BED FITTED SHEET
- YOGA PROPS - bring your YOGA MAT, two YOGA BLOCKS, BLANKET, and a bolster (if you don't have a bolster, you can just bring 3 big old towels instead). I have some spare yoga props, so please let me know in advance if you need to borrow any of them.
- APPROPRIATE CLOTHING!!! This is an outdoor yoga, hiking, and camping retreat. Think cooler nights, maybe some rain, hot weather, sun exposure, maybe mosquitos. Bring smart layers of clothing, sunscreen & bug spray.
- Transportation to and from Back 40 Outdoor in Brisco, BC (the road from the highway up to the site is a gravel road, so take it easy and please don't bring a low clearance vehicle, minimum 5" of clearance is required)
- Bring your favourite snacks, treats or specialty dietary items that you know you will enjoy, we won't have access to a grocery store.
- If you have a favourite mug, tea & coffee, please bring it along too!
- Anything that will make you feel cozy, like slippers for the tent, extra blankets, etc. Please just be mindful of the limited space in the tents!

# Retreat Itinerary:

## FRIDAY

4 - 6 PM - Arrival

6:30 - 7:30 PM - Meet & Greet and Dinner

8 - 9 PM - Yin Yoga & Essential Oils (EO are optional) and Evening Meditation

10 PM - Quiet Time

## SATURDAY

7 AM - Wake Up to a Tibetan Singing Bowl

7:30 - 8:30 AM Sunrise Slow Flow Yoga (there will be hot water for tea or coffee and some fruit and granola bars, if you prefer to have a snack before the yoga class)

9:00 - 10:30 AM - Breakfast and Free Time

10:30 - 12:00 PM - Essential Oils Mini Workshop (make your own perfume roller bottle)

12:30 - 2:30 PM - Lunch and Free Time

2:30 - 4:30 PM - Mindfulness Gentle Hike and Yoga (you will learn some poses to help you release sore muscles while hiking)

4:30 - 6:00 PM - Free Time or Community Connection Time

6:00 - 7:30 PM - Dinner and Rest before our evening class

7:30 - 9:00 PM - Restorative and Yoga Nidra (deep relaxation that supports healing)

10 PM - Quiet Time

## SUNDAY

7 AM - your favourite (at this point :) wake up to a Tibetan Singing Bowl

7:30 - 8:30 AM - Awaken Your Inner Goddess Morning Yoga

8:30 - 9:30 AM - Breakfast

9:30 - 11:00 - Hand Massage, Marma Points Head Massage, and Meditation

11:00 - 12:30 - Closing Ritual and Departure

Obviously, this is an estimate time schedule. We will most likely change it around depending on weather, timing of the other activities, etc.

After reviewing the itinerary please get in touch with your doctor about your ability to attend this retreat if you have any medical conditions or are taking medication. Make sure you get cleared by your doctor to be able to participate in all the activities and camping.

Let me know if you have any questions! Once you've paid in full, you will receive driving instructions and waiver package as well as a zoom link for a meet and greet FREE yoga class that will be held one week prior the retreat! I'm looking forward to sharing a fun weekend with you!

Ali 🍷