



A 1 day yoga retreat at
The Well on Bowen
Artisan Square, Bowen Island
Sunday October 6, 2019
10:00am ~ 4:00pm

First, arrive in your body. Then, go deeper.
Combine your body yoga with the more subtle practices.
Explore, Enjoy and Experience:
Mantra (voice), Mudra (gesture), and Meditation (stillness).
Use these keys to your Home & unlock your most authentic Self.
Everyone Welcome!

The Well is a fully equipped yoga studio, so no need to bring anything unless you want to. There will be an hour lunch break. Bring your own or enjoy eateries nearby.

Maximum 15 participants

\$150

early bird by Aug.15 ~ \$135

info and registration: devikimeditation@gmail.com



Your guides are

Sylvia Smallman ~ is an experienced therapeutic yoga teacher who aims to spark transformation and make yoga enjoyable and accessible to every body, using Somatic principles of embodiment and awareness. www.joyofgentleyogawithsylvia.com

Deviki Jennifer Henderson ~ is an experienced yogini and meditator who facilitates a space of stillness and ever present awareness, guiding you home with mantra and somatic meditation.

