



Ayurveda, Yoga and Meditation Retreat

April 7 - 12, 2019

Sugar Ridge Retreat Centre, half hour North of Barrie

Access the healing wisdoms of Ayurveda, Meditation and Yoga in spring, facilitating a deep detox from our Canadian winter.

Ayurveda reveals and supports the intimate connection between body, mind and emotions. For thousands of years Ayurveda has provided us the path to optimum well being. Now more than ever we are seeking roads back to ourselves as the busy distractions of urban living increasingly disrupt our ability to live a healthy, balanced life. Discover your constitution (*dosha*) and explore how to develop your unique lifestyle that supports health and vibrancy. Using the power of food, movement, breath, nature and meditation we can guide ourselves towards a more conscious and creative way of life and living.

The ancient wisdom of Ayurveda brings us back in contact with ourselves by reminding us of some basic principles: We are a

part of nature; and the rhythms of nature operate with innate healing potential. Ayurveda teaches us how to harmonize ourselves with the rhythms (*rta*) of nature and to take control of our own health and healing.

Deep 5 Day Cleanse after a Canadian Winter

Facilitated by:

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

*Liz Frost, Registered
Psychotherapist, Yoga
Teacher, Meditation Teacher
and Retreat Owner*

In addition to daily energizing and calming practices of Yoga and Meditation, Toni and Liz will share the common-sense wisdoms of balanced living, exploring the simple ways we can move closer to physical, mental and emotional health and healing. We will be eating, cooking, learning and listening to our inner selves throughout the five days. Seasonally specific cooking and dining encourage healthy, gentle detoxing after a long winter. Cooking instructions focus on foods specific for your *dosha*, for cleansing, for strengthening digestion, for rejuvenating, and for healing. Daily seminars will provide guidance on living according to your *dosha*, discussing daily routines (*dinacharya*), healing relationships with food, and constitutionally specific exercise and meditation.

Begin to explore how Ayurveda, with Meditation and Yoga, can reveal the workings of our mind, our emotions, and our behaviours, leading us towards greater self-acceptance.

Sit in the quiet and calm that takes us inwards. Explore the ancient wisdoms from the past to bring you into a more nourished, conscious future.

**For more information or
to register contact:
connect@tonigordon.com**

Or

info@sugarridge.ca

Tentative Daily Schedule

Sunday April 7

3:30pm - 5:00pm - Arrival

5:30 - Dinner

7:00 - Check in and Brief discussion

8:30 - Asana and Meditation

Monday - Thursday

AM

7:30 - Yoga

8:45 - Breakfast

10:00 - 12:00 - Meditation and Ayurveda

PM

12:00 - Lunch

1:00 - 3:00 - Unscheduled time

3:00 - 4:00 - Meditation and check in

4:00 - Cooking Instruction

5:30 - Dinner

7:30-8:30 - Meditation, Yoga

Friday April 12

7:30 - Yoga

8:45 - Breakfast

8:00-9:30 - Unscheduled time

9:30-11:00 - Meditation and Wrap up

12:00 - Lunch and check out