

Nipika Yoga Retreat

Nipika Mountain Resort

Settler's Road, Kootenay National Park

Sunday, August 23- Tuesday, August 25, 2009

The Retreat

Enjoy an invigorating and inspiring experience of yoga, meditation and pristine outdoors in the heart of the Rockies at glorious Nipika Mountain Resort.

The daily yoga and meditation activities will be led by Tamela Hart owner of Yoga Mountain Studio in Invermere. Tamela brings over thirteen years of teaching experience, offering an eclectic combination of Iyengar and Ashtanga styles, drawing on the various and profound influences of her own teachers. If you would like to learn more about Tamela or Yoga Mountain Studios please visit, www.invermereyoga.com.

Nipika Mountain Resort

Nipika Mountain Resort, www.nipika.com, is nestled in the Canadian Rockies, beside Kootenay National Park, and offers recreation and leisure right out the front door of luxurious lodge and cabin accommodations. Mountain bike, hike or run on the endless trails right out the front door. Fish, canoe, kayak or raft the nearby Kootenay River. Or have a soak in the outdoor hot tub or just sit on the porch and watch wildlife graze on the meadow.

The Lodge will feature prominently for meals and gathering and the renovated barn will provide a unique location for daily practice. In addition to yoga and meditation, the retreat offers plenty of time to enjoy this remarkable setting at your own pace, and equipment rentals are available so as to take advantage of all Nipika Resort has to offer.

Lunches and dinners are provided, and in the spirit of rejuvenation will be strictly vegetarian. As well, lunches will be served and enjoyed in silence so as to encourage a state of awareness and gratitude.

This will be a wonderful opportunity to relax, reinvigorate and have fun! You'll enjoy hours of yoga and meditation as well as ample free, unstructured time to enjoy the best in natural, outdoor destinations. Between the beauty of Nipika Mountain Resort and Tamela's inspired and experienced instruction, it is sure to be an event to remember and one that should have you leaving refreshed and renewed.

Nipika Yoga Retreat Daily Itinerary

Sunday

3 – 3:30 pm Arrival

4:00 – 5:30pm Restorative Yoga

5:30pm – 6pm Room assignment

6:00pm Supper

8:00pm Evening Walking Meditation (30 mins)

Monday

7:00am Meditation (30 mins)

7:30 – 10:00am Breakfast (supply your own) & Free time

10:00 – 11:30am Flow Yoga

12 Noon Lunch in **Silence**

1:00 – 4:00pm Free Time (hike, read, bike, swim...etc.)

4:00 – 5:30pm Restorative Yoga

6:00pm Supper

8:00pm Evening Walking Meditation (30 mins)

Tuesday

7:00am Meditation (30 mins)

7:30 – 10:00am Breakfast (supply your own) & Free time

10:00 – 11:30am Flow Yoga

12 Noon Lunch in **Silence**

1:00pm farewells and departure

Breakfast – supply your own

Lunch and Supper included. Meals will be vegetarian.

Transportation

Everyone must provide own transportation to and from Nipika Mountain Resort. From Columbia Valley, head east through Radium to Kootenay National Park approximately 15 kilometres. Turn right at Settler's Road. Travel another 15 kilometres down gravel road to Resort. There is ample signage and the Resort is well marked.

Arrival and Departure

Please arrive by 3:30pm in order to allow for enough time to begin our first yoga session at 4:00pm. Rooms will be assigned following the restorative yoga session.

Departure will be Tuesday August 25th following lunch at 12 noon.

What to Bring

While it is summer time, we are in the Rockies, so temperatures can vary greatly even at this time of year.

For yoga: comfortable clothing, mat, blanket and meditation bench or cushion if you have one. Be sure you label your props for identification purposes. Tamela will supply bolsters, straps, and blocks.

Clothing: bring clothing for both warm weather and cool. Active clothing is best, but bring what suits your best vision for spending these couple of days. Include a coat, or fleece and don't forget your bathing suit! Also, appropriate footwear for hiking and walking trails.

To Register

Cost \$350

Registration Deadline July 1/2009

\$50 deposit required with registration

Registration is limited to twelve (12) to ensure the intimacy of a small group. As this is such a unique experience, we expect spots to fill quickly so if you are interested we urge you to return your completed registration with the required deposit as quickly as possible so as to secure your place. Cheques should be payable to Cathy McIntosh. Your space will be confirmed upon receipt of payment. If the space is not available, deposits will be returned. Remaining payment must be paid by **August 1/2009**. If, for whatever reason, the event does not take place, all deposits will be refunded.

For more information: Cathy McIntosh, cathyc@mctserv.com, or 250-345-0348. If your question is yoga or meditation related please contact Tamela Hart, tamela@xplornet.com

Nipika Yoga Retreat

Nipika Mountain Resort
Settler's Road, Kootenay National Park
Sunday, August 23 - Tuesday, August 25, 2009

Name: _____

Phone Number: _____

Email: _____

Mailing Address:

Describe your previous experience with yoga postures and meditation. What style fo yoga have you practiced and for how long?

Please list any past or present injuries, conditions or illnesses for which you have been treated. Be specific, i.e. high or low blood pressure; whiplash; recent surgery; back problems; etc.

Are you on any medications? If yes, please list below.

Do you suffer from ANY allergies? If yes, please detail below.

Please specify any dietary restrictions below.

Do you have your own equipment: mat, belt, blocks, blankets?

YES NO

Please list equipment you cannot provide.

With whom would you like to share a room? (Couples will receive a private room with a queen size bed)

Nipika Yoga Retreat

Nipika Mountain Resort
Settler's Road, Kootenay National Park
Sunday, August 23 - Tuesday, August 25, 2009

LIABILITY AGREEMENT

The participant waives any and all claims that the undersigned participant may have against the Instructor, Tamela Hart, or the Organizer, Cathy McIntosh, as a result of the Activity of Yoga or due to any other activity due to or over the course of Nipika Yoga Retreat.

Signed this _____, day of _____, 2009

Participants signature: _____

Note: All information included in this document is kept confidential.

Mail the registration form and signed Liability Agreement along with payment to:

**Cathy McIntosh
4596 Purcell Drive
Fairmont Hot Springs, BC
V0B 1L2**

Cheques payable to Cathy McIntosh