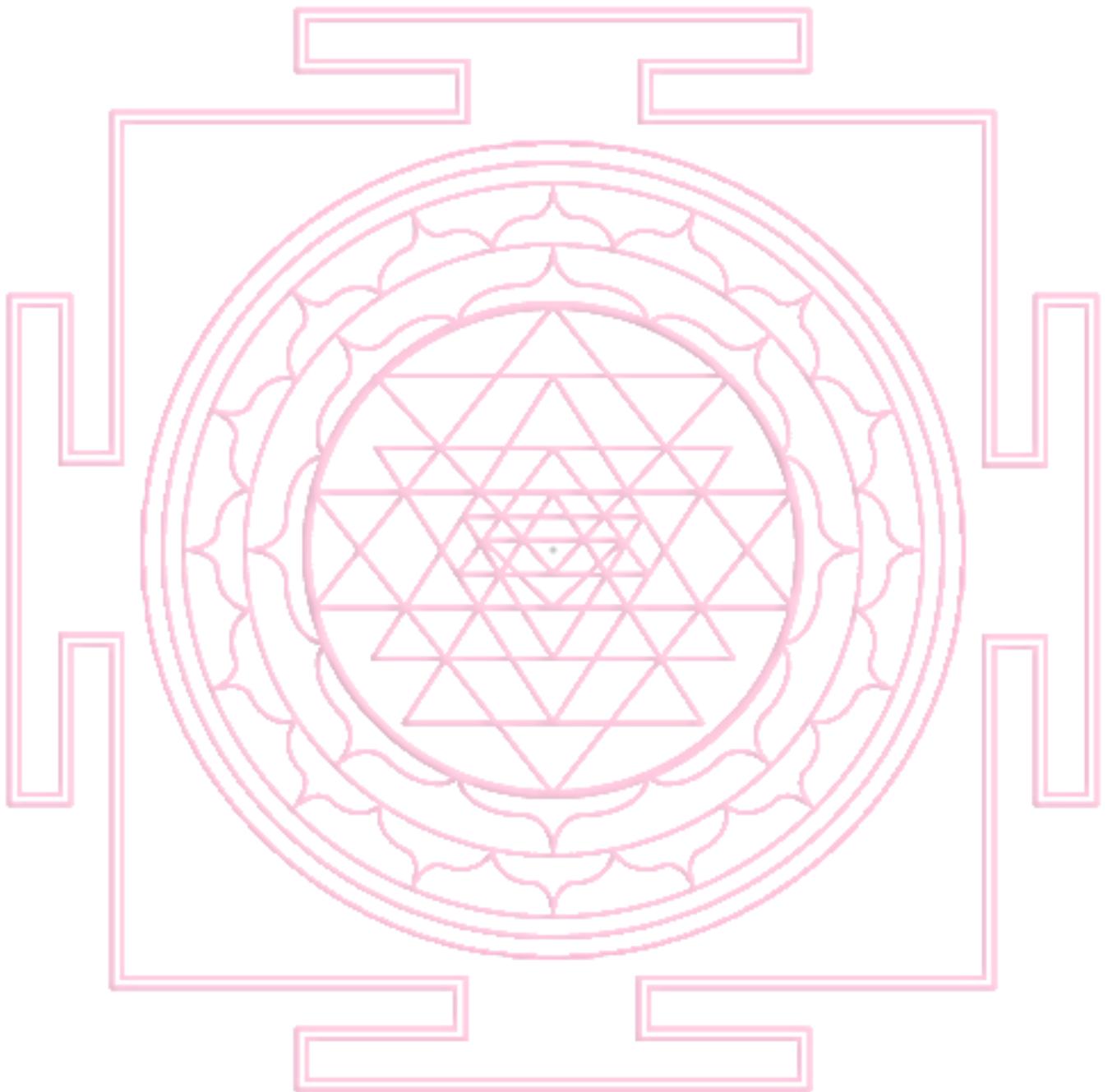


True Bliss

Sacred Yoga & Meditation Retreat

Welcome E-Book



Immerse yourself in the magic & mystery of
Yoga, Meditation & Sacred Ritual!

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"I can only bow my head in gratitude... Words cannot describe the gratitude I feel for all that you've provided. Not only did I get to learn the beauty of yoga from a true perspective, I'm taking away some beautiful life lessons. I've gained so much during my time, that I really can't thank you enough.

Just being in your presence has been enough for me to feel the most content I've ever felt, and I will love you forever. Namaste!"

- Joy

Namaste & Welcome!

What a gift you've given yourself! To take this precious time to immerse into the magic and mystery of yoga and fill yourself with peace, love, wisdom and bliss.

Immerse yourself into the essence and practice of yoga— body, mind & spirit.

With sacred elements of peaceful stillness, empowering movement, deep self-reflection, sacred connection, ritual & ceremony, healthy vegan food and more, experience the greatest gifts yoga has to offer us – inner peace, absolute joy, profound freedom and boundless love.

Embrace the sacred and mystical realms of the ancient wisdom traditions of Yoga, Bhakthi, Vedanta & Ayurveda to embody the true essence and gifts of yoga as a way of living.

This retreat offers the precious gift of yoga as a pathway to coming home to who we really are – an experience that promises to inspire, renew, heal, awaken and rejuvenate you from deep within.



"Real peace is always unshakable.
Bliss is unchanged by gain or loss."

- *Yogi Bhojan*



About

THE TRADITION

Bindi comes from an ancient Goddess wisdom tradition called Shri Vidya. This lineage and essential teachings of yoga and awakening have been passed down orally from teacher to student since ancient Vedic times.

Read more about our lineage and beloved Gurus here.

OUR TEACHERS

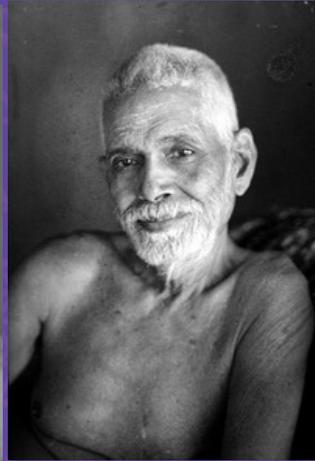
Bindi has had the incredible blessing of studying and learning from some of the great teachers and systems of yoga in both western & eastern realms to experience the True Essence of Yoga & Being right from the Source.



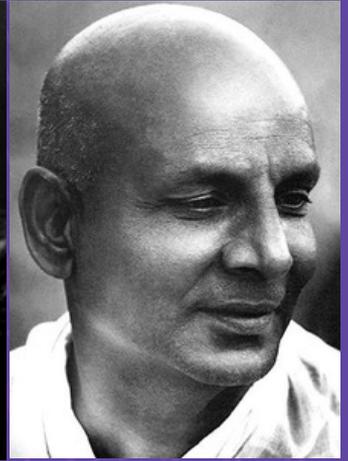
LILY GONCALVES &
RAMANANDA MAYI



AMMA SRI
KARUNAMAYI



SRI RAMANA
MAHARSHI



SWAMI
SIVANANDA



Bindi is an internationally celebrated yoga teacher known for her inspirational, loving spirit, impassioned activism and service, authentic yogic and spiritual teachings spoken in a language of compassion, love and light-hearted humor that is accessible to all. Since 2011, Bindi has offered countless yoga classes, hundreds of workshops and over 50 yoga retreats across the world.

She currently spends most of her time in Bali where she is fully devoted to her own spiritual awakening, in constant study with her beloved teachers, spreading dharma and wisdom through yoga and living a simple life of...

Love &
Service

"The nature of the Supreme Self is Cosmic Love only."

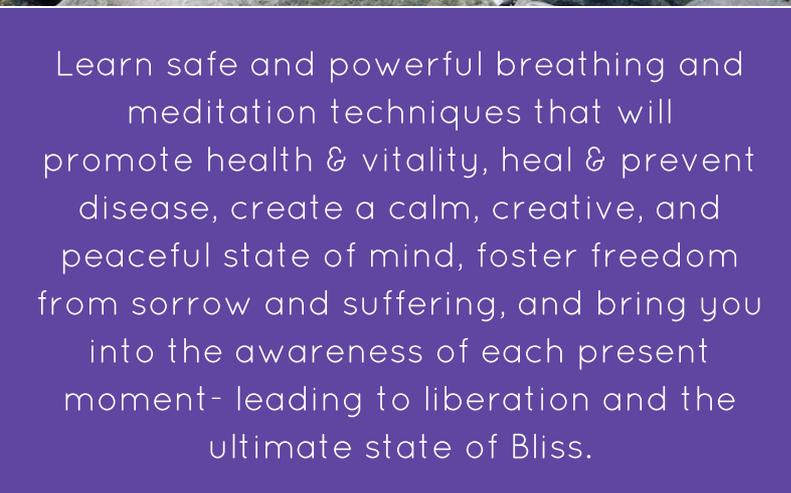
- Amma Sri Karunamayi

The Highlights



Discover Yoga Asana (poses,) that aim to invigorate, revitalize, heal and open the body, cultivate inner peace in the mind, and embody the Bliss of Awareness.

Enjoy a balanced, holistic & safe flow each morning to energize and inspire you for the day. Evening classes will unwind with a more gentle Hatha Flow with Restorative/ Yin poses that focus on healing & letting go.



Learn safe and powerful breathing and meditation techniques that will promote health & vitality, heal & prevent disease, create a calm, creative, and peaceful state of mind, foster freedom from sorrow and suffering, and bring you into the awareness of each present moment- leading to liberation and the ultimate state of Bliss.



Experience the mystical, sacred and esoteric teachings and practices of Bhakthi Yoga. Ritual infused with intention, love and devotion can create profound and positive changes in your life, as well as for all beings everywhere.

Explore the mantra chanting, music, intention and ceremony to infuse your life with endless love, compassion and inspiration!



Connect to your roots in nature for greater health, harmony & healing.

Watch the stars at night right from your bed, listen to the sounds of sweet singing birds and the wind whistling in the pine trees, wake up to the beautiful sun rise & enjoy over 4 km of walking trails or explore the nearby Twin Lakes!

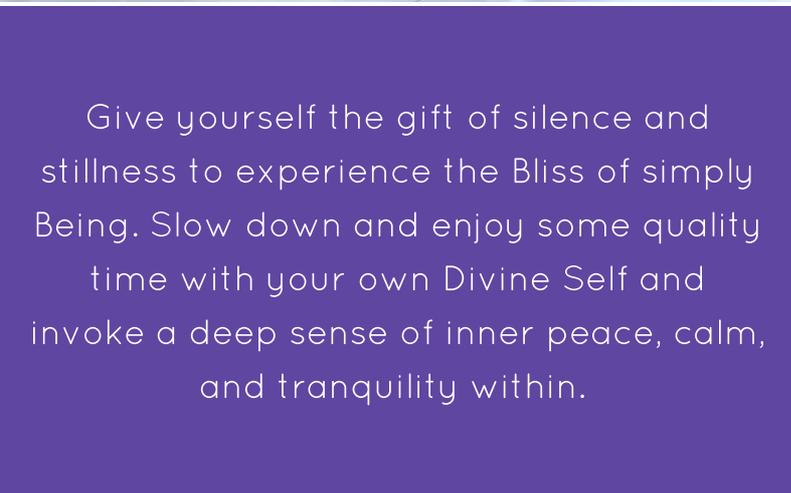


The Elements

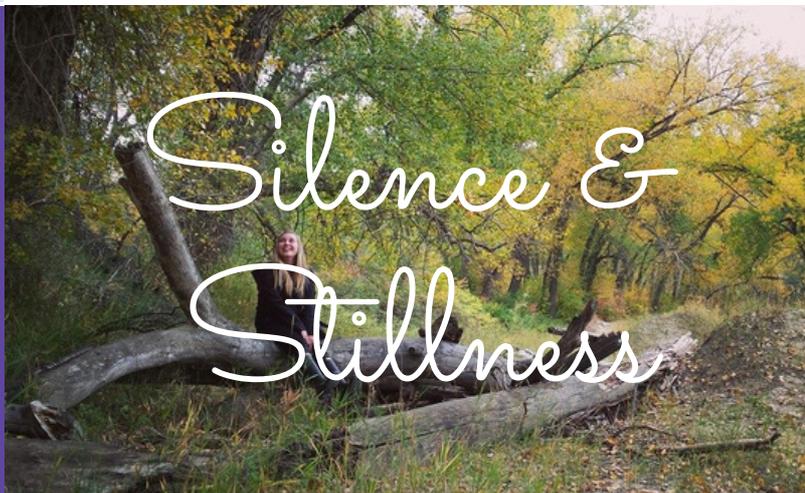


Workshops

Workshops are a rare opportunity to expand and deepen your understanding of yoga and of yourself. These talks may include theory of technique in yogic practice, the depths of yogic philosophy, particular yogic sciences beyond the physical asana and meditation practices, or yogic lifestyle guidance and inspiration.



Give yourself the gift of silence and stillness to experience the Bliss of simply Being. Slow down and enjoy some quality time with your own Divine Self and invoke a deep sense of inner peace, calm, and tranquility within.



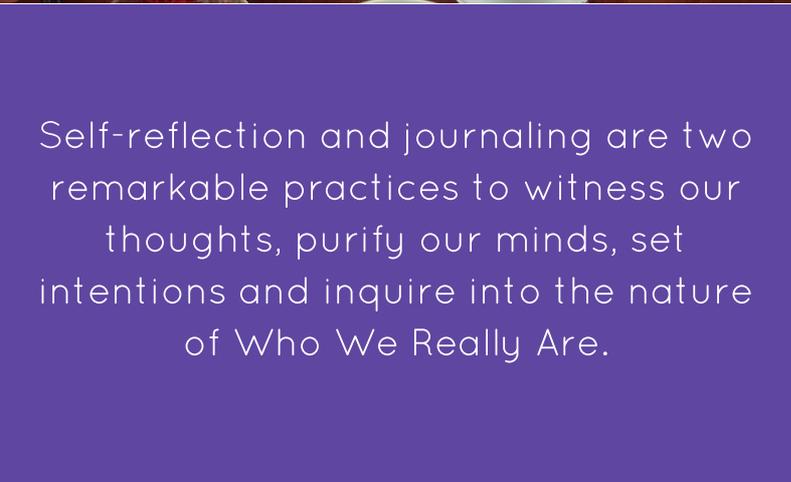
Silence & Stillness



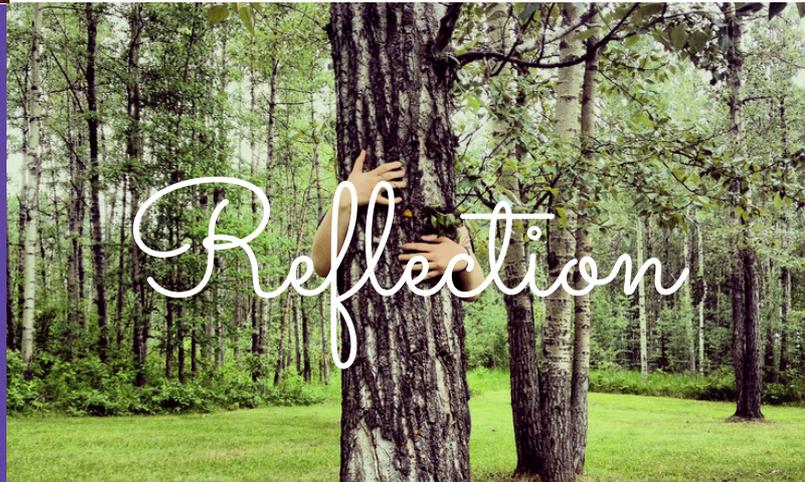
Healthy Vegan Meals

Enjoy nutritious & delicious vegan meals! A simple, light breakfast with healing Ayurvedic tea to keep the body and mind light, clear and full of energy.

Lunch and dinner includes a group shared buffet style meal of various healthy, international dishes, including soup, salad, main course (and dessert with dinner!)



Self-reflection and journaling are two remarkable practices to witness our thoughts, purify our minds, set intentions and inquire into the nature of Who We Really Are.



Reflection



"This is my simple religion. No need for temples. No need for complicated philosophy. Your own mind, your own heart is the temple. Your philosophy is simple kindness."

- *His Holiness the Dalai Lama*

Schedule

Friday

- + 4:00 – 5:30 Check-In
- + 5:30 – 6:00 Tea & Snack
- + 6:00 – 6:30 Welcome & Inspiration
- + 6:30 – 7:30 Meditation & Yoga
- + 7:30 – 8:30 Dinner
- + 8:30 – 9:30 Sacred Fire Circle

Saturday:

- + 5:45 - 6:15 Outdoor Sungazing Meditation (Optional)
- + 7:30 – 9:30 Meditation & Yoga
- + 9:30 – 10:00 Breakfast
- + 11:00-12:00 Workshop
- + 12:00 – 1:00 Lunch
- + 1:00 – 4:00 Free time
- + 4:00 – 4:30 Yoga Nidra
- + 5:00 – 6:30 Evening Meditation & Yoga
- + 6:30 – 7:30 Dinner
- + 8:00 – 9:00 Sacred Ceremony & Mantra

Sunday:

- + 5:45 - 6:15 Outdoor Sungazing Meditation (Optional)
- + 7:30 – 9:30 Meditation & Yoga
- + 9:30 – 10:00 Breakfast
- + 10:00 – 11:00 Workshop
- + 12:00 – 1:00 Lunch
- + 1:00-2:00 Closing Circle
- + 2:00 Check-Out

Please Note: This is a tentative schedule & is subject to change. Formal schedule will be given upon arrival.

During your spare time, adventure into the heart of nature by hiking in the forest, rent a paddle board or go for a dip in the beautiful Twin Lakes just a short 5 minute drive away, or grab your journal and a mug of Ayurvedic tea and gift yourself with some solitude and deep reflection, indulge in the simplicity of laying in a hammock listening to the sounds of nature whispering in your ears or reading a book from our small but mighty library of inspirational yogic texts.

"Happiness is your nature. It is not wrong to desire it. What is wrong is seeking it outside when it is inside."

-Sri Ramana Maharshi



Get the Most From Your Retreat

From our own personal experience in retreat settings, we've come to learn the ultimate truth that **what you put into your experience is what you will get out of it**. Here are a few tips we've found helpful to receive the most from these sacred times of being on retreat.

1. Practice Presence

Give yourself the permission to simply Be Here Now. Devote all your energy and focus upon being Present in each moment. When we let go of expectations of the future, and surrender all our judgements of the past, we allow ourselves to derive the full potential and sheer bliss of each perfect moment as it is.

2. Embrace a Beginner's Mind

Give yourself the gift of a beginner's mind. Embrace the mind of a child - full of wonder and curiosity and open to all possibility. Be an empty cup, ready to be filled with the nectar of Love, Peace & Wisdom. A beginner's mind is a mind full of potential. Let go of all preconceived notions, and allow each moment be your teacher. The experience you have will be indescribably more beautiful than you could have imagined.

3. Try a Digital Detox

As yogis, we become more and more interested in what's going on in our internal world. We have so many unnecessary distractions in our daily lives that pull us out from our internal experience and draws our attention to engaging always in the external world. We invite you seek refuge, to unplug from technology, social media and the outer world for just a couple days and allow space to experience the bliss of true presence and inner connection instead.

4. Listen to your Heart

Take everything in with an open mind - but really keep only what resonates with your Heart. You will receive many teachings in your journey. Some of these teachings will come to you like divine nectar, and nourish your soul. And some teachings may not always resonate with your heart. If any confusion or disturbance arises in the mind from any teachings, trust that everything that you need to know will be made clear to you when the time is right and if something does not feel right to you simply let it go at this time. We invite you to listen to your heart and simply remain in peace.

5. Immerse into Spiritual Community (Sangha)

Imagine for a moment that every single person you meet is for a divine purpose. In these retreat environments, you are surrounded by like-minded individuals with whom you can share this incredible journey. You will share in the love, laughter and inspiration and form connections leading to deep and lasting friendships. The Sangha you are surrounded by is invaluable - we invite you to embrace it!

Retreat Guidelines

Here are some additional guidelines and suggestions, although *not* mandatory, on how to live the yoga lifestyle which you are welcome to embrace during your retreat or adopt as part of your daily routine to the degree that feels beneficial to you.

Silent Mornings

Silence is a sacred practice in our modern world. It is an unseen teacher - an imperishable language that connects us to our own True Self. It is a rare and precious gift that helps us to preserve our vital energy, cultivate a peaceful mind and allows us to receive the maximum benefits from our meditation.

We encourage you to practice verbal silence in the mornings until after meditation (or even until breakfast if you choose!)

Wake Up Before Sunrise

Attune your internal biological clock to the rhythms of nature for greater health, vitality and well-being! Since time immemorial, yogis have embraced sunrise as an auspicious time for spiritual practices (Sadhana.) Bonus: Practice meditation or sun-gazing right at sunrise to receive all the amazing benefits of this sacred time of the day!

Try to Maintain Vegetarian Diet During Retreat

Try to adopt a diet which is simple, natural and vegetarian to support the process of purification, healing and to promote peace in our bodies and in the world.

Wear Light Colours for Spiritual Practice (Sadhana)

We prefer to wear white or light colours for spiritual practices. White is the colour of absolute purity, clarity and its vibrations are very positive. White clothes reflect all negative vibrations and retain only the positive ones and helps keep the mind fresh, pure and peaceful.

Think, Speak & Act from Love

Every moment is a divine opportunity to express gratitude, kindness, compassion and respect. Practicing this within and without enriches our lives in ways unimaginable!

Preparation & Packing

The Essentials

- **Yoga Props:** If you have a yoga mat, meditation cushion or additional props for your own practice you're welcome to bring them. ***If not don't worry! We have props available for you!***
- **Notebook & Pen:** For notes, journaling & self-reflection!
- **Yoga Clothes:** Comfortable clothes appropriate for movement and meditation. May we suggest white or light colours? A shawl for morning meditations or to cover up in Savasana is a great idea, too!
- **Non-Yoga Clothes:** Prepare for sunshine, rain, campfires and cooler nights! You may like to bring a range of clothes depending on the weather.
- **Reusable Water Bottle:** Let's ditch the plastic and stay hydrated!
- **Tea Mug:** We'll try to keep it simple with dishes, so bring your own reusable tea cup or travel mug and cozy up with some special Ayurvedic Teas for health and healing!
- **Toiletries/Medicines:** Indoor showers are available, but we invite you to limit your time to ensure everyone's needs are met! Bring whatever toiletries, natural medicines or prescriptions you need to feel most comfortable and vital! Please bring your own towel(s).

Packing Checklist

The Essentials

- Yoga Props
- Notebook & Pen
- Yoga Clothes
- Non-Yoga Clothes
- Reusable Water Bottle
- Tea Mug
- Toiletries
- Towel(s)
- Medicines
- Your open heart!

The Extras

- Bathing suit
- Shades, sunscreen & hat
- Natural bug spray
- Rain coat or umbrella
- Inspirational/spiritual book
- Shoes for walking
- Any extra healthy snacks
- Camera
- Relevant technology
- Chargers*
- Altar items*

Please Note...

* You are welcome to bring any altar or spiritual items with you as you have the rare opportunity to have these items blessed and charged in a sacred Vedic ceremony. Ex: Mala beads, divine statues/idols (murthis,) crystals, sacred items etc.

You can also bring anything you'd like to create your own personal altar in your cabin with your roommates if you wish! Ex: inspirational images or books, incense, candle etc.

* While there are lights in every cabin, there are no power outlets. We invite you to enjoy a digital detox during your stay, or if necessary you can charge your devices in the main house.

Arrival & Location

We're so grateful to be hosted by the cozy and quaint **Pure Awareness Yoga Centre**. Be held in a space of serene and peaceful nature nestled within 138 acres of trees and rolling hills and just a short 5 minute drive from the pristine Twin Lakes!

Meet



Owner of Pure Awareness Yoga and hostess of our yoga retreat!

If you need help with directions or need to contact Pure Awareness directly with any questions, contact Carmon at (780) 499-2638 or carmon@pureawareness.ca

Getting Here...

Hwy 13, North on RR32
(between Pigeon Lake & the Town of Winfield, Alberta)

From...

Edmonton = 118km (1 hr 20 min)
Calgary = 246km (2 hr 30 min)
Drayton Valley = 73km (45 min)
Pigeon Lake = 20km (20 min)

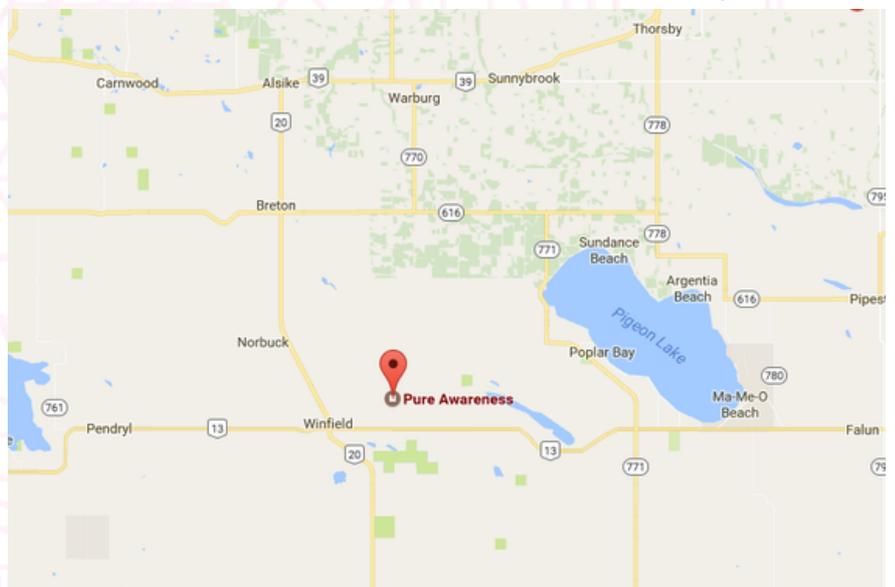
Check-In

Check in time is between 4:00-5:30pm on Friday, July 28. Upon arrival, you're welcome to check in with Carmon at the main house, and she will show you to your cabin or campsite. Get settled in, and then gradually make your way for a tea and snack! We will begin formally promptly at 6:00pm in the yoga shala for a welcoming circle followed by our first yoga & meditation practice.

Check-Out

Check out is between 2:00-3:00pm on Sunday July 30. We will have lunch together, followed by some final inspiration, closing circle and goodbyes!

Click the map for the exact location in Google Maps!



If you have any questions prior to arrival, please don't hesitate to contact us!
Bindi can be reached at bindi@bindiyoga.ca or (780) 222-1711.



"Serve, Love, Give, Purify, Meditate, Realize."

- Swami Sivananda

Lokah Samastah Sukhino Bhavantu

May All Beings Everywhere Be Happy and Free

Om Shanti Shanti Shantih

May there be Peace



Feel free to say Namaste!

We'd love to hear from you.

