

A SWEET SUMMER YOGA RETREAT



With
NATASHA O. MELLMAN & SRI HARI MOSS

of Southern California

Hatha, Vinyasa & Mindful Movement Yoga
Ecstatic Dance, Kirtan, Meditation

Stowel Lake Farm
SALT SPRING ISLAND
BRITISH COLUMBIA
CANADA
AUGUST 16 – 19, 2008



Where relationships to mind, body, spirit and nature unify and transform

The Retreat

Join us for an intimate, all-inclusive Sweet Summer Yoga Retreat on beautiful Salt Spring Island, British Columbia, Canada. Salt Spring Island, an incredible destination in itself, is easy to get to via ferry or floatplane from either Vancouver or Victoria BC.

Sri Hari Moss and Natasha O. Mellman, yoga teachers from Southern California, are grateful and delighted to share an immersive weekend of mindful movement, hatha and vinyasa flow yoga on this beautiful organic farm and exquisite island.

In addition to the offerings of yoga, participants may enjoy daily morning meditations, ecstatic dance, kirtan, farm to table cooking classes, farm talks, wellness treatments, guided hikes and explore the plethora of nature and activities Salt Spring Island has to offer — jump in the freshwater lakes for a swim, commune with tall trees, eagles, deer, discover the art and organic foods from the island or find yourself in quietude under the soft fragrant breeze of a mid-summer tree.

The experience of retreating on Stowel Lake Farm is divine! The farm is beautiful! - practicing organic farming methods, food forests, state of the art ecological building practices and craftsmanship. Meals are a culinary experience, with local food freshly harvested with resident chefs creating healthy and delicious meals - a significant part of the retreat experience indeed. Meals are included for all participants. With a variety of accommodations to suit, guests will find a magnificent home away from home on the farm!

We look forward to sharing the love of this sweet summer retreat with you...

May you find inner peace, playfulness, solace and beauty

Join our Facebook page for updates at www.tinyurl.com/sweetsummeryogaFB

Further details found at www.tinyurl.com/summeryogaretreat

Instructor - Sri Hari Moss



Sri Hari...



Mindful Movement Yoga

With a focus on harmony between mind, body and spirit, Sri Hari offers students an inspired understanding of yoga practice through mindful movement in a variety of techniques and styles.

Sri Hari began his yoga journey in 1989 under the guidance of Swamini Turiyasangitananda; founder and director of The Vedantic Center and Sai Anantam Ashram in Agoura Hills, California. The study in sacred music, vedantic studies, meditation, Bhakti and Iyengar Yoga has greatly influenced his offerings.

Sri Hari shares inspirational music, dynamic stories from Hindu culture, and anecdotes to foster a clear understanding of the subtle powers within one's practice. He frequently reminds his students to smile, laugh and find the "Rasa" (Sanskrit: Lit. "juice" or "essence") in their practice. "Yoga practice is transformative, what we learn in practice becomes part of our lives. You will be amazed at what you can accomplish, if you are willing to feel sensation, face challenge, live in the moment and breath life into everything you do."

500 hour – The Vedantic Center 2005, 200 hour – Yogaworks 2008

Yoga Warriors – PTSD and the Mind Body Connection 2012

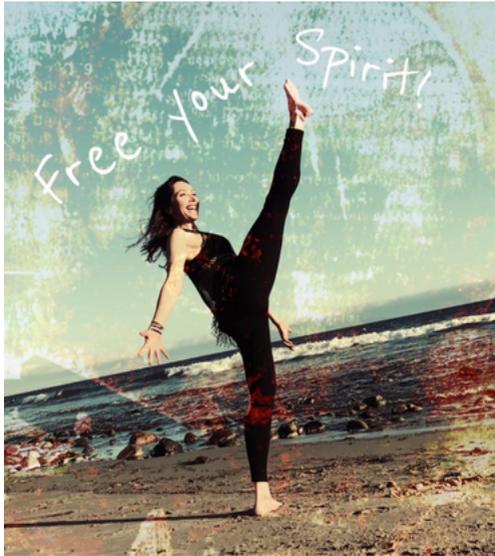
Loyola Marymount University Los Angeles – Yoga Therapy Rx-Level III Clinic 2012

www.sriharimoss.com

Instructor - Natasha O. Mellman



Natasha....



Hatha & Vinyasa Yoga

Natasha is an adventurous, life-loving, heart-centered yogi who is thrilled to share her passion and love of yoga as a way of living an authentic, soulful and expansive life.

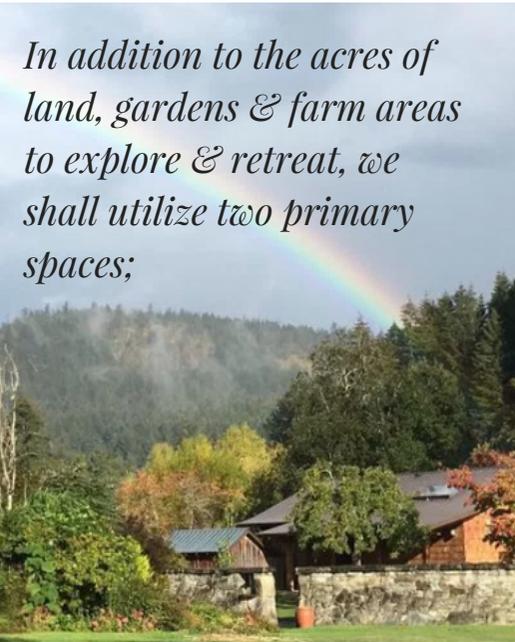
With attention to alignment and an awareness of subtle energies she holds a space of openness, of playful exploration and fresh perspective. With each practice, expect to take a a journey through presence, challenge and sensation to a place of self-love, inspiration and deep nurture. Natasha's willingness to grapple with her own transformation, gives her teaching a special authenticity and uniqueness.

Her students receive the benefits of her ever-expanding understanding of yoga as a way to move through life with intention, ease and grace. Through breath awareness and mindful movement, Natasha helps students touch upon that deep place within, of peace, balance and aliveness. "In practice of life.. in spirit of inquiry, and in love with it all!"

500hr. RYT in the SankalpaShakti Yoga with Tracee Stanley under the Lineage of ParaYoga

Trainings include Hatha, Vinyasa, Subtle Body Awareness, Restorative, Pranayama, Meditation, Reiki, Tantra

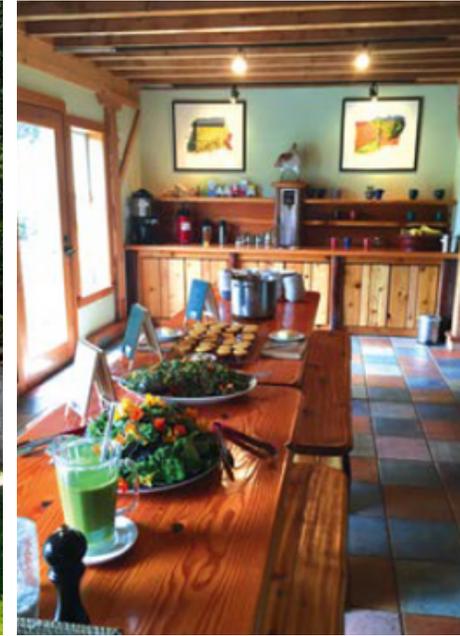
WHERE WE RETREAT!



In addition to the acres of land, gardens & farm areas to explore & retreat, we shall utilize two primary spaces;

THE BARN

The Barn houses a gorgeous, custom kitchen, tea bar, buffet & eating area. The 40 year old Barn was lovingly renovated preserving original timbers. The upstairs is a spacious area with a cozy nook with couches and a wood-burning stove.



THE GATEHOUSE

The Gatehouse is an extraordinary space for our yoga, dance, meditation and Kirtan. The Gatehouse has high, curved ceilings, cherry wood floors and large windows that allow panoramic views of the farm and the natural environment. The space is warm, light and beautifully handcrafted by local woodworkers.



RETREAT Arrival and Departure DETAILS on Stowel Lake Farm

CHECK-IN TIME

Check-in is between 3:00 and 5:00pm on August 16, 2018.

Dinner is served at 6:00 pm after the welcome talk. During check-in hours the staff at Stowel Lake Farm will show guests their rooms and answer any questions.

**If you are arriving outside of these hours please advise well in advance so we may organize a facilitator to greet you.,*

PICK UP

If you are arriving without a vehicle, the farm will pick you up off the Fulford Ferry at 3:45pm. If arriving outside of the arranged time or at any other location on Salt Spring, please advise so we may arrange a car-pool with other willing participants.

WHAT TO BRING!

Flashlight

Water Bottle

Inside shoes or slippers for the Barn

Extra pillows or blankets if you wish

There are yoga mats and props available, however if you prefer your own then please do!

Journal and pens

Bathing suit or birthday suit for swimming in freshwater lakes

Walking/Hiking Shoes

To respect the integrity of the water and natural environment, please bring natural biodegradable toiletries

Your smile xo!

WELCOME TALK

Stowel Lake Farm will share the story of the farm and orient you with the layout and practicalities. Followed by our facilitators to layout the schedule for the weekend.

Please see schedule for details on timing.

CHECKOUT TIME

Our retreat ends on Sunday, August 19 at 1pm. Please have your accommodations vacated just after breakfast. Participants without a car will be taken to the Fulford Ferry at 1:00 pm

A Sweet Summer Yoga Retreat SCHEDULE Thursday/Friday

Thursday, August 16

3:00 - 5:00 pm

Participants arrival to Stowel Lake Farm, Salt Spring Island

5:15 pm

*Welcome orientation by Stowel Lake Farm,
Sri, Natasha & Patti our
facilitator
'The Barn' Stowel Lake Farm*

6:00 - 7:00 pm

Dinner with Resident Chef Haidee Hart

7:30 - 9:30 pm

*"Arrive into your Feel Good" -
Yoga practice
'The Gatehouse' Stowel Lake Farm with Sri and Natasha*

Friday, August 17...

6:00 - 7:00 am

"Finding peace" - Guided meditation

The Gatehouse with Sri (Space available prior for personal meditation)

7:30 - 8:15 am

Breakfast at the Barn

9:00 - 11:00 am

*"Through the Hips to the Heart" -
Hatha foundational practice
The Gatehouse with Sri*

11:30 - 12:15 Lunch at the Barn

Afternoon Optional Experiences;

12:30 - 1:30 pm

Stowel Lake Farm Tour

1:30 - 3:30 pm

Guided hike to Mount Maxwell or the First Nation reserve

1:30 - 3:30 pm

Farm to Table Cooking Experience (2 hours) \$40

Alternatively;

Free time to explore the island/commune with nature/swim in lakes/hiking/artisan studio tours

4:00 - 5:45 pm

*"Finding the Sweet Spot in Flow" -
Vinyasa Yoga practice
The Gatehouse with Natasha*

6:15 - 7:00 pm Dinner at the Barn

7:30 - 9:30 pm

*"Soul Flow and Let Go"
The Beat & the Rhythm of Yoga &
Ecstatic Dance*

The Gatehouse with Natasha and Sri

A Sweet Summer Yoga Retreat SCHEDULE Saturday/Sunday

Saturday, August 18...

7:00 - 7:30 am

*"The Beauty of Observation" - A silent walk through nature
The Gatehouse with Natasha and Sri*

7:45 - 8:30 am *Silent Breakfast at the Barn*

9:00 - 11:00 am

*"Form, Freedom, Flow" - Vinyasa Yoga practice
The Gatehouse with Natasha and Sri*

11:30 - 12:30 pm

Lunch at the Barn

Free time Suggestions;

12:45 - 1:45 pm *Stowel Lake Farm Community Talk*

The Salt Spring Island Saturday Artisan and Farmer's Market is

world famous, for items sold must be grown, made or crafted on Salt Spring Island

Swimming in freshwater lakes, jump in the ocean or hiking the plethora of trails on the island.

4:30 - 5:45 pm

*"Deepen & Sweeten Your Practice" - Play partner Yoga
The Gatehouse with Natasha and Sri*

6:15 - 7:00 pm

Dinner at the Barn

7:30 - 9:30 pm

*Celebrating our spirit with Kirtan - Call & response singing and movement experience opening the heart bringing bliss to our being
The Gatehouse with Natasha, Sri and Local Musicians*

Sunday, August 19

6:00 - 7:00 am

*"Embodying Our Practice" - Guided meditation
The Gatehouse with Sri*

7:30 - 8:15 am

Breakfast at the Barn

9:00 - 11:00 am

*"Celebrate the Sweet in Flow" - Vinyasa Flow
The Gatehouse with Sri and Natasha*

11:30 - 12:30 pm

Closing Circle & Lunch at the Barn

1:00 pm *Departure*

Love and Freedom may you always know.

STAYING ON THE FARM



Stowel Lake Farm has a variety of charming & cozy accommodations located close to the main facilities. Guests will enjoy clean, comfortable bedding with duvets and towels. All rooms (including yurts) have heat and power. Space for people in our shared and private accommodations. Shared rooms house 2 – 4 people.

Camping is wonderful on the farm. Camping areas are open, flat and grassy. Campers have access to indoor bathrooms complete with shower, toilets & sinks. Indoor common areas are also available to campers for relaxing or socializing. Please bring your own amenities. Campers staying in vehicles are welcome on the farm although there is limited capacity.



OTHER

WI-FI / CELL SERVICE

There is wifi in the main buildings and we are happy to give out the password upon request. Cell phone service is spotty on the farm - nature!

PETS/ANIMALS/CHILDREN

Many domestic and wild animals live on the farm; please leave furry friends at home. As this is a working farm please drive carefully to protect the creatures! (Deer, rabbits, some little humans)

WATER

There is gorgeous clean drinking water on the farm. Salt Spring experiences moderate to severe water shortages every summer so we ask our guests to be water wise while they are here.

THE CUISINE!



LOVE FROM THE GARDENS & CHEFS

FOOD FROM THE GARDENS

Stowel Lake Farm has a thriving and productive organic market garden. The west coast of Canada is an ideal growing climate so the farm is able to grow abundant and varied crops. All fresh fruits and vegetables are harvested fresh before meal times.

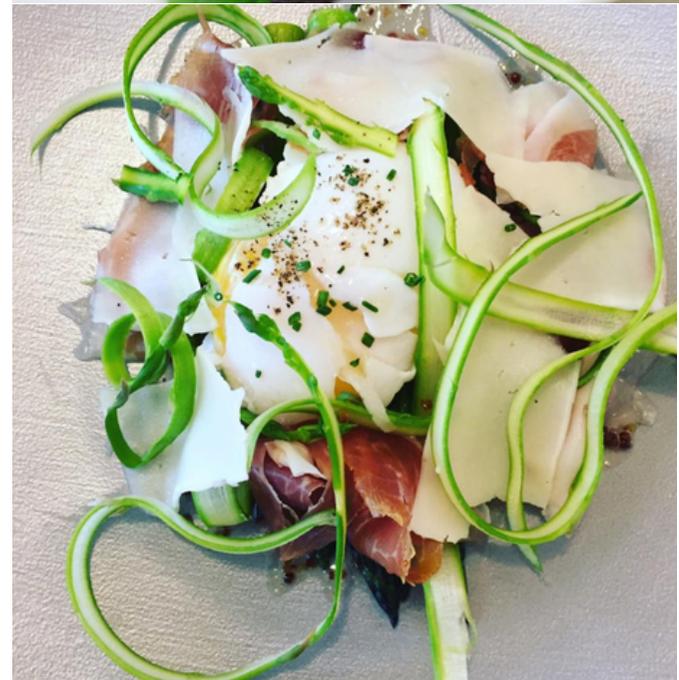


DELICIOUS MEALS....

The cuisine at the farm is outstanding with the menu changing daily to incorporate ingredients from the gardens. The chefs prepare each dish with care and attention to detail. Daily meals are wholesome, nourishing and beautiful. Organic whole grains, local dairy and fresh baking complement the vegetables and fruits fresh from the farm. The healthy and delicious meals are a significant part of the retreat experience at Stowel Lake Farm. Please advise any dietary restrictions at least 2 weeks prior to retreat so the chefs may plan accordingly.

Although individual meal orders are not taken, for special diets, meat or fish is an option at an extra charge/person and must be organized 2 weeks before the retreat begins.

FOOD FOR YOUR SOUL



FARMING WITH HANDS IN THE SOIL

STOWEL LAKE FARM

An Organic Farm : Healthy Soil, Clean Air, Water, Wild Habitats - A community of people living and working together with vibrancy & grateful to share in the beauty!



RETREAT OPTIONAL ADDITIONAL OFFERINGS....

FARM TOUR (1 HOUR)

Lead by a Stowel Lake Farm resident, we'll walk around the organic market gardens. We'll discuss farming practices, what's in season and enjoy the beauty of the land.

COMMUNITY TALK

Lead by one of the farm's long time community members, we'll talk about how they have lived together on the farm over the last 20 years. They'll share some of their building practices for their incredible eco-community structures, and discuss work & play.

FARM TO TABLE COOKING EXPERIENCE (2 HOURS)

Resident Chef Haidee will take you on a tour of the beautiful organic gardens where you will sample & harvest vegetables to create a meal together. Working in the gorgeous farm kitchen, Haidee will share recipes and techniques for a true farm to table experience. Minimum 6, maximum 12 people. Additional \$40/person

GUIDED HIKE

Lead by our facilitator who has explored and lived on the island for 16 years, determinant on weather, we shall either hike Mount Maxwell or along the ocean coastline in an stunning First Nation Reserve. Both are incredible!

BODYWORK

*Alinka Porebska is a beautiful healer; a highly skilled practitioner whose offerings include massage, acupuncture, tonal sound vibrations & aromatherapy. Please see appendix for offerings during the retreat. Sessions held in the massage room at the Farm
60 min \$95 Cdn 90 min \$125 Cdn.
Please book directly with Alinka for a time that suits you!*



EXPLORE SALT SPRING ISLAND....

ADVENTURES!

Hiking the mountains or along the coastline

The Pacific West Coast Gulf Island, Salt Spring Island, is BEAUTIFUL! During the retreat there will be time to explore - here are some of the few things you may wish to partake in....



Jumping in for a swim in fresh water lakes



Artisan Studio Tours
Loads of incredible artists on Salt Spring Island

Salt Spring Saturday Market
Not to miss! Everything at the market is either grown or created here!



MASSAGE, ACUPUNCTURE, ACUTONICS



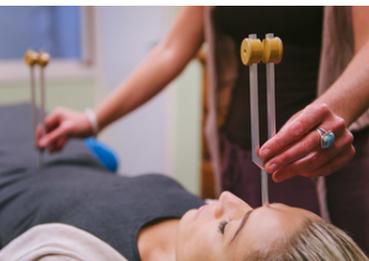
MASSAGE

Enjoy a deeply relaxing and therapeutic session. Unwind the nervous system, reliving tension and deeply relaxing the body and mind. Enjoy a full body treatment or focus on specific problem areas.



ACUPUNCTURE

Safe and effective ancient Chinese modality to rebalance your energy & encourage natural healing. Improve mood, energy, reduce or relieve pain and improve body functions to treat acute and chronic conditions.



ACUTONICS

Vibrational sound therapy rooted in Oriental medicine & philosophy utilizing tuning forks on acupuncture points; as an alternative to acupuncture, or in combination with other therapies.



COMBINATION OF THERAPEUTIC SERVICES

Choose a combination of any of the modalities offered

Treatments in Cdn dollars

60 min \$95

90 min \$125

ALINKA POREBSKA R.AC.

Graduate from the Academy of Classical Oriental Sciences in 2002 completing a 4-year doctorate program in Traditional Chinese Medicine. Alinka is skilled in all TCM diagnostic and treatment methods. She has continued her studies in deep tissue and therapeutic massage as well as energy healing and vibrational sound therapy.



For Bookings during retreat please book directly with Alinka - call or text (250) 653-0047 alinka@innergardenhealing.ca

RETREAT FEES

ALL-INCLUSIVE RETREAT INCLUDES:

3 Nights Accommodation as per selection
All meals (delicious local vegetarian cuisine)
4 retreat sessions per day – Mindful Movement, Hatha & Vinyasa Yoga, Ecstatic Dance, Kirtan
Daily meditation
Stowel Lake Farm Tour
Stowel Lake Farm Community Talk
Guided hike
Pick up and drop off from Fulford Ferry for those without vehicle at scheduled times
with optional massage, acupuncture, acutonics and Farm To Table Cooking Class*
**additional fee applies, please see 'retreat additional offerings'*

Contact us for questions!

Patti Bauer happy to answer questions and provide further info!
Tel: 818 856 9856
Email: theblueraven@shaw.ca

Accommodation Type

Private Room
Shared Room (2-4)
Couple (Private room Shared bed)
Camping
**Commuters;*
*(*for those not staying on the farm - meals included)*

Easy Ways to Pay

For Cdn bankholders via e-transfer to theblueraven@shaw.ca

Send check in Cdn or USD paid to Patti Bauer

*1747 Fulford Ganges Road,
Salt Spring Island, BC V8K2A5*

Wire transfer; please inquire for wire instructions

*Via PayPal in USD or Cdn to theblueraven@shaw.ca
(for PayPal please include a 3% credit card processing fee to total)*

Fees per person in either currency

Cdn Dollars US Dollars

<i>\$940</i>	<i>\$745</i>
<i>\$815</i>	<i>\$645</i>
<i>\$775</i>	<i>\$615</i>
<i>\$695</i>	<i>\$550</i>
<i>\$595</i>	<i>\$475</i>

Travel expenses not included

Cancellation Policy

Spaces are limited. There is much attention given to detail. We orient the classes and grow food based on the number of participants.

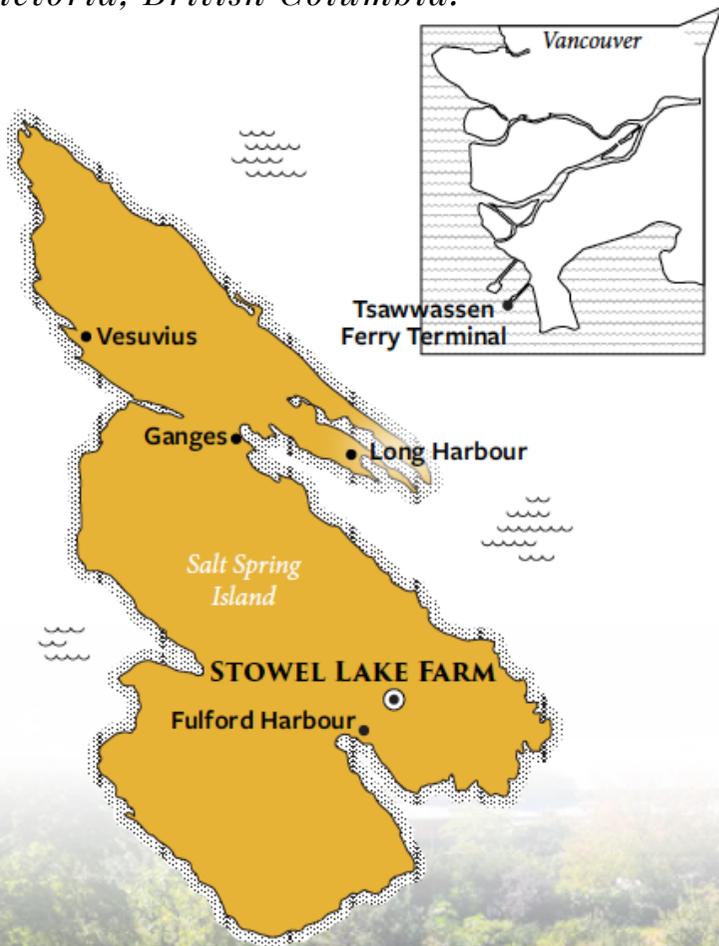
Participant fees are transferable to another at your discretion at no charge

30 day cancellation policy prior to retreat start date for a full refund minus \$100 administration fee, thereafter non-refundable

*www.tinyurl.com/sweetsummeryoga
Join our Facebook page for updates;
www.tinyurl.com/sweetsummeryogaFB*

GETTING TO THE FARM

Stowel Lake Farm is located on Salt Spring Island on the West Coast of British Columbia. Salt Spring Island is very accessible, close to both Vancouver and Victoria, British Columbia.



FROM VANCOUVER

BY AIR

Fly to Victoria Airport, take a 10 minute cab ride to Swartz Bay Ferry Terminal & catch the ferry to Fulford Harbour, Salt Spring Island.

Take a floatplane from the Vancouver Airport or Inner Harbour to Ganges Harbour on Salt Spring Island.

* Floatplane options include Salt Spring Air, Seair Seaplanes, Harbour Air Seaplanes

BY FERRY

Take the ferry at the Tsawwassen Ferry Terminal

* Go to bcferries.com for schedules and reservations

Walking on

Take the thru-fare trip Swartz Bay – Fulford Harbour

Driving on

Take the thru-fare trip Swartz Bay – Fulford Harbour or take the direct ferry to Long Harbour

* It is highly recommended to make reservations when travelling with a car.

FROM VICTORIA

BY FERRY

Walk or drive-on the ferry at the Swartz Bay Ferry Terminal to Fulford Harbour

FROM WASHINGTON

BY AIR

Fly to Victoria Airport

Take a 10 minute cab ride to Swartz Bay Ferry Terminal & catch the ferry to Fulford Harbour, Salt Spring Island.

FROM SEATTLE

BY FERRY

Take the Clipper from downtown Seattle to Victoria's Inner Harbour. From there, bus or cab to Swartz Bay Ferry Terminal & take the ferry to Fulford Harbour, Salt Spring Island. The Clipper is a passenger ferry only.

FROM PORT ANGELES

BY FERRY

Take the MV Coho from Port Angeles to downtown Victoria. From there travel to Swartz Bay Ferry Terminal & take the ferry to Fulford Harbour, Salt Spring Island.

With Love from Natasha & Sri...

