



ground & flourish

Yoga & Personal Development Retreat

SPEND THREE FULL DAYS holistically feeding mind, body and soul through daily yoga, meditation and chanting; the perfect guidance and remarkable power of DreamWork; private one-on-one sessions to uncover your truth; and nurturing spa services. Whether you are new to yoga and development practices or experienced in both, we invite you to join an intimate group of fellow seekers and enter the sacred space created by Jeremy, Scott and Christine. During the course of this retreat, you will explore ways to ground yourself, release your spirit and flourish as who you are.

FACILITATED BY JEREMY FLEMING, SCOTT MILLER & CHRISTINE HO
HOSTED BY VICTORIA VIEW B&B RETREAT

198 Bagot St. Cobourg ON ■ www.victoriaview.ca

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THE RETREAT BEGINS early Thursday evening and ends Sunday afternoon. Group sessions include interactive workshops or practices on:

- Yoga, meditation and chanting
- Revealing one's vision and using it as a guiding light
- Introduction to the four parts of the mind
- Introduction to DreamWork Dream Interpretation and accessing Inner Wisdom
- Introduction to DreamWork Character Types thinking processes

THURSDAY EVENING	<ul style="list-style-type: none"> ▪ Welcome ▪ Group workshop ▪ Meditation
FRIDAY & SATURDAY	<ul style="list-style-type: none"> ▪ Chant and meditation followed by a light breakfast ▪ Yoga practice ▪ Lunch break ▪ Afternoon yoga practice ▪ Group workshop (Friday only) ▪ Spa services, massage treatments, one-on-one sessions, dinner
SUNDAY	<ul style="list-style-type: none"> ▪ Chant and meditation followed by a light breakfast ▪ Yoga practice & final group session ▪ Lunch break ▪ Spa services, massage treatments, one-on-one sessions

RETREAT FEES are \$450 per person with a 50% deposit required for registration. Ask about our early-bird special of \$400 per person.

- Retreat fees include all group workshops, one bodywork treatment, a one-on-one personal development session and breakfast each morning.
- Accommodations, meals, spa services and optional course materials are extra.

Please call or email us for more information or to register.

905.377.0620 ■ info@victoriaview.ca

Registration form

Date: _____

Name: _____

What you like to be called: _____

Address: _____

Phone: _____

Email: _____

Birthday (month/date): _____

Please provide us with details of your experience or history, if any, with:

▪ Yoga: _____

▪ Meditation or quiet sitting: _____

▪ Chanting or devotional song: _____

▪ Personal development, any formal or informal studies or practices, books you have read, presentations/speakers you have heard, etc... _____

Requests for day and time of individual activities

Booking options include Friday evening, Saturday afternoon and evening and Sunday afternoon.

Spa service? Type? _____

Massage service? _____

One-on-one development session? _____

What would you like to take away with you from the Ground and Flourish Workshop Retreat? _____

PAYMENT DETAILS

TYPE OF CREDIT CARD _____

CREDIT CARD NUMBER _____

NAME ON CARD _____

AMOUNT PAID _____

SIGNATURE _____

WHAT YOU MAY LIKE TO BRING... *a wish to nurture your mind, body & spirit; an open heart; a desire to learn; your journal; rhythm instruments/sound makers (drums, shakers, tambourines, bells, etc) for chanting; your favourite meditation cushion or yoga paraphernalia.*