

r&r 2021 (oct.29-31)

*a weekend getaway in The
Blue Mountains to nourish
mind, body & soul.*

relax & recharge yoga retreat

*brought to you by
Angela (Spark Yoga) &
Laura (Moonlight Yoga)*



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welcome

Angela and Laura invite you to a relaxing, casual and refreshing weekend to immerse in your yoga practice, to enjoy the freedoms of disconnecting to the everyday while you delve into and connect with yourself, your community & nature.

We are thrilled to host your retreat at a luxury chalet in the picturesque Blue Mountains from Friday October 29th to Sunday October 31st, 2021. The brand new chalet will be your home away from home, where you are surrounded by an amazing yoga family!

Hosting this weekend fall retreat is a highlight of our year (especially this year!) and we hope it becomes one of yours too. We love preparing every little detail for this special event to make sure you feel fully relaxed and recharged by the end of the weekend. We strive to make each guest know they are cared for and completely taken care of during their getaway.

"The retreat for me was like getting a script from the Doctor without taking the medicine. It was the perfect balance of dynamic yoga classes, afternoon naps, beautiful nature, great conversation and good-for-the-soul food.

Everyone needs to set aside time for themselves and totally unplug (and we literally unplugged!!)."

- Shelly



yoga

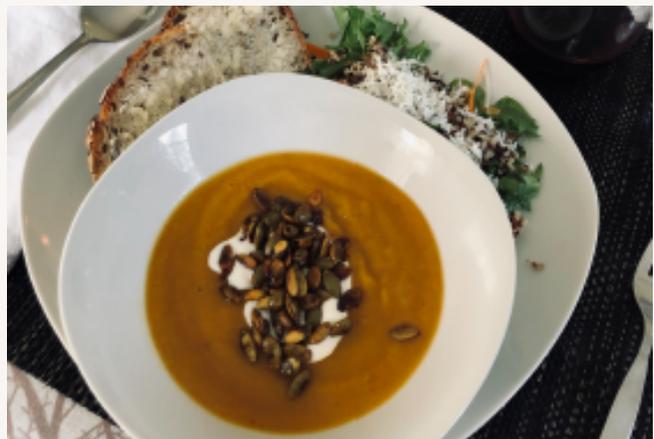
The dedicated yoga loft offers a safe space for any level of yogi to explore their physical, emotional and spiritual practice. Each yoga class, unique to the retreat, is crafted with intent and care to enhance your weekend experience. Both active and relaxing sequences are weaved throughout the weekend to leave you feeling balanced, relaxed and recharged.

nature

Whether you're enjoying a refreshing hike through the scenic Blue Mountains, sipping a glass of wine on the private beach or soaking in the hot tub, there will be time for you to get outside and connect to your surroundings in a meaningful way.

nourish

All healthy and wholesome meals are included in your retreat. We are grateful to have our own plant-based chef on site for 3 meals during the weekend. Meal times are enjoyed by all as a time to laugh, relax and connect. Dietary restrictions are not an issue, as long as we know in advance we can make sure you are nourished and satisfied! Snacks, coffee, tea and water are available during the day so you never have to worry about being hungry.



relax & recharge

"This retreat nourished my mind, body and soul. So much time and thought went into my stay from the welcome note and gift in my room, to the nutritious food, to the yoga classes which I know was a lot of planning and hard work went into. It was so positive that I was able to reset and become a happier and healthier person for myself and my family." - Stacy

location

126 Arlberg Crescent
The Blue Mountains
Ontario



Our home for the weekend is a brand new 4,500 square foot, 8 bedroom luxury chalet complete with 6.5 washrooms, gas fireplace, spacious living room, large deck, hot tub, fantastic views of the mountain and private beach! You probably won't want to leave and we don't blame you! The chalet is within walking distance to the Blue Mountain village and trails.



covid-19

Please rest assured that all public health guidelines will be followed during your retreat. The chalet itself is sanitized with a fogger between each group. Face masks are to be worn indoors in all shared spaces except for when eating, on your yoga mat or if spaced 2m apart. Yoga mats will be distanced and there will be sanitizer stations throughout the chalet.

"Angela and Laura are masterful at creating the best atmosphere in classes for everyone to get the most from their practice. The whole Relax & Recharge experience was amazing as I left feeling calm, grateful with a new perspective and enthusiasm for life in general." - Rose

pricing

Room Choice	Price (including hst)
Shared Room (2 people) + Shared Ensuite	\$495
Shared Room (2 people) + Private Ensuite	\$595
Private Room (1 person) + Shared Ensuite	\$675
Private Room (1 person) + Private Ensuite	\$750

sign up



*opens Saturday September 4th at 8am.
First come first serve!*

To reserve your spot please send an email to sparkyogaelora@gmail.com with the following:

- Name
- First & second room choice
- Roommate if applicable (if you do not have a roommate but would like one please let us know and we can set you up)
- Full payment (by e-transfer to sparkyogaelora@gmail.com)

Should your plans change and you can no longer attend you will receive:

- 50% refund until September 17th
- No refund after September 17th

Should the retreat be cancelled due to lockdown restrictions, you will receive a full refund.

contact us

Questions? Concerns? Excitement?!

Don't hesitate to reach out...

Angela - Spark Yoga

Email: sparkyogaelora@gmail.com

Website: www.sparkyogaelora.com

Instagram: [@sparkyogaelora](https://www.instagram.com/sparkyogaelora)

Laura - Moonlight Yoga

Email: laurapaaren@gmail.com

Website: www.moonlightyoga.ca

Instagram: [@moonlight.yoga](https://www.instagram.com/moonlight.yoga)



rechargeyogaretreat

"I left this weekend retreat feeling very positive, relaxed and felt more connected to the yoga community. This feeling still carries with me to this day as I think back and reflect on our great time." - Fiona