



# Yasodhara Ashram

YOGA RETREAT & STUDY CENTRE

## TEACHERS *on* TOUR

We bring the Ashram to Ontario!

### Transitions Weekend Retreat

Find support in times of ending and beginning, change and transition. Explore your past experiences of transition and identify what choices you want to make now. What is the creative direction for your future? By working with reflective tools such as writing, drawing and spiritual practice, you can prepare for change, access strength and clarify options for your next steps.

The retreat offers both space and structure. Included are: morning Hidden Language of Hatha Yoga classes, guided workshops, delicious vegetarian meals (with vegan option available), shared or single accommodation. Prepare for a new season with fresh insights and energy!

#### Lotus Heart Centre: a central meeting place

Lotus Heart Centre is located near the town of Brighton Ontario; only 8 minutes north of the 401 in the scenic rolling hills of Northumberland County. The land consists of 20 acres with walking trails, a small pond, a few fresh water springs and has an outdoor pool for those wanting a refreshing swim.

See [lotusheartcentre.ca](http://lotusheartcentre.ca)

**Date:** Friday, Sept 9 (arrival by 4 pm) to  
Sunday Sept 11 (after lunch)

**Where:** Lotus Heart Centre, 448 Old Wooler Rd,  
Brighton, ON

**Cost:** \$450 shared (all inclusive);  
\$500 single (8 rooms available)

Bring a yoga mat, blanket and journal, special dietary needs

Registration & Information: Uma, 1-705-427-4914  
[uma.s@yasodharayoga.org](mailto:uma.s@yasodharayoga.org)



*Swami Matananda and Swami Satyananda are long-time teachers and residents of Yasodhara Ashram. Swami Matananda's light-hearted, nurturing approach supports people in accessing their inner well of wisdom and their true potential. Swami Satyananda finds joy in sharing our practices and providing space for people to connect with their own inner wisdom.*

*Yasodhara Ashram is open year-round in the beautiful mountains of southeastern British Columbia. We invite people of all ages and backgrounds to discover the promise of yoga.*