

# Yogini Shambhavi Devi

Full Moon Yoga Shakti Retreat | Ayurvedic Healing in Nature

August 15-18 | Pelee Island, Ontario Canada

*Namaste!*

*Spiritualizing our lives through rituals truly allows us to tap the aura of divinity around us through observing, healing, rejuvenating, meditating and celebrating our core existence. Join us on the mystical Pelee Island to meditate on the spectacular mystique of the Sun setting and the Full Moon rising simultaneously over the vast and splendid Lake Erie. Set your sankalpas (intentions) as we meditate at sunrise in a watery field of blossoming American Lotus flowers. Learn the sacred art of Ayurvedic healing with Nature through meditation, mantra yoga, Ayurveda, Jyotisha and Shakti Sadhana.*

*Yogini Shambhavi Devi*

YOGA  SHAKTI

## About Pelee Island



Pelee Island is situated in the Western Basin of Lake Erie, Canada's southernmost lake. Just above the Canadian-American border at a latitude of 41 degrees. The climate of the Lake Erie Islands Archipelago boasts the highest heat units in the country, and the longest frost-free season in Ontario.

A dozen and more factors made the islands a place of wildlife diversity, a place which has become home to a myriad of species rare to Canada. Almost one third of the vascular plant diversity of all of Ontario is represented on Middle and Pelee Island. Carolinian Canada at its richest is found here. Rare insects, snails, mammals, birds, reptiles, and amphibians have come to comprise a neighbourhood of outstanding natural heritage. Glaciation left a variety of habitats for wildlife: wetlands, sand dunes, alvars (areas of limestone with a shallow overburden), and deep soils suitable to the trees of the Eastern Deciduous Forest zone. The shallow waters of Lake Erie reach relatively high temperatures in the summer months, giving the islands a micro-climate typical of more southern locations, and a two-week longer growing season than the adjacent mainland. Pelee Island boast the most southern point in all of Canada.

From this sacred land we will explore ritual and celebrations as we watch both the sun and moon rise and set over the water.... We will also enjoy a morning sunrise meditation in a pond field of beautiful American Lotus Flowers. A most serene and magical experience of bliss and wonder! We can't wait to share with you the local folk-lore story of how this field came to be....

You can find more details about Pelee Island here > <https://www.pelee.org/>

FAQ about Pelee Island <https://www.pelee.org/faq/>

Getting to Pelee Island <https://www.pelee.org/tourism/getting-here/>

Booking your Ferry to Pelee Island <http://www.ontarioferries.com/en/mv-jiimaan-mv-pelee-islander/>

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## **PROGRAM DETAILS**

**Investment (EARLY BIRD register by June 1 and save \$175)**

- \$995+hst CND | Includes shared accommodations, brunch, dinner and afternoon tea
- add \$425 CND for single accommodations

**Optional JYOTISHA VEDIC CONSULTATIONS with Yogini Shambhavi**

\$140 CND | \$100 USD - 45 minute consultations

To book a personal Vedic Consultation with Shambhaviji please respond with the following details:

1. Date, time and place of birth
2. Choice of time (1<sup>st</sup> and 2<sup>nd</sup> choice)
3. Optional: share the question or area of interest to be addressed during the consultation

**Optional Ayurvedic Massage & Marma Therapy Treatments with Yogesh Van Acker**

\$100 USD - 60 minute treatments

- Includes personalized organic ayurvedic massage oils and essential oils

## **REGISTRATION**

Shankari & Yogesh Van Acker | [information@atthecore.ca](mailto:information@atthecore.ca) | [www.atthecore.ca](http://www.atthecore.ca)



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### **Schedule**

#### **THURSDAY AUGUST 15**

- Ferry to the Island (visit [HERE](#) for Ferry Times – book well in advance...)
- Enjoy some site-seeing and dinner at a local restaurant

6:00pm Check In | [The Wandering Dog Inn – quaint & delightful](#)

6:30pm Welcome & Orientation | Celebrating the Full Moon

#### **FRIDAY AUGUST 16**

8:00am Ayurvedic Asana

9:30am Mantra Chanting

10:00am Vegetarian Brunch

11:30-2:00pm Healing through Nature with Yogini Shambhavi

2:30-4:30pm Break | Consultations, Ayurvedic Treatments, Free Time, Tea and Cookies

5:00-6:30pm Vegetarian Dinner

6:30-7:30pm Interactive Satsang with Yogini Shambhavi

7:30pm Sunset/Full Moon Meditation

#### **SATURDAY AUGUST 17**

6:00am Sunrise/Full Moon Meditation – – (6:20am sunrise)

8:30-9:30am Ayurvedic Asana

9:30-10:00am Mantra Chanting

10:00 Vegetarian Brunch

11:30-2:00pm Healing Powers of the Sun (Maa Durga) with Yogini Shambhavi

1:30-4:00pm | Consultations, Ayurvedic Treatments, Free Time, Tea and Cookies

4:00-5:00pm Interactive Satsang with Yogini Shambhavi

5:00-6:30pm Vegetarian Dinner

7:00-8:30pm Healing Powers of the Moon (Ma Lakshmi) with Yogini Shambhavi

#### **SUNDAY AUGUST 18**

6:00am - Sunrise Lotus Meditation

8:00-9:00am Ayurvedic Asana

10:00am Vegetarian Brunch

11:00-Noon Conclusion Celebration

Noon Checkout

Ferry Departure

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#### TRAVEL INSURANCE

**Cancellation Insurance is strongly recommended as no exceptions to the cancellation provisions can be made.** Please understand that any financial loss or emergency medical expense will be assumed by you. Please read the terms and conditions and fully understand the cancellation penalties.

#### RETREAT CANCELLATIONS

The following cancellation charges as a percentage of total price apply subject to a minimum cancellation amount of

- Before 90 days \$50%
- 0-90 days before departure/No Shows 100%

-----I have read and understood the cancellation and travel insurance clauses (initial)

#### **American Institute of Vedic Studies & AT THE CORE Canada**

PO Box 8357, Santa Fe NM USA, 87504, [www.vedanet.com](http://www.vedanet.com)

485 Grangeover Crescent, London, Ontario Canada, N6G 4P7, [www.atthecore.ca](http://www.atthecore.ca)

#### WAIVER

**I am attending the Pelee Island Full Moon Yoga Shakti Retreat \_\_\_\_\_ (initial)**

Your Name:

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**Please fill out your Emergency Contact Information below. Thank You.**

Name and Relationship of Contact Person:

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Address of Contact Person:

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Their telephone number(s) and email:

#### WAIVER

**I hereby release The American Institute of Vedic Studies (Santa Fe, NM, USA), Vamadeva Shastri (David Frawley) and/or Yogini Shambhavi Chopra and AT THE CORE (London, ON Canada), Jackie & Greg Van Acker from all liabilities potentially or actually arising from the above-mentioned Pelee Island Yoga Full Moon Yoga Shakti Retreat Aug 14-17, 2019**

Name:

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Signature and Date: