

# RETREAT TO BOWEN



3 days of breathwork, yoga, nature + community connection.



## AT NECTAR YOGA

**Aug 21-23, 2024**  
"a summer retreat"

Spa Yoga  
Breathwork  
Meditation  
Mindfulness  
Heart-Centred Conversation

# RETREAT TO BOWEN

Over 3 days & 2 nights, join Carolyn on Bowen Island to explore practices for cultivating slowness and spaciousness within. On this special retreat, we will enjoy various Breathwork, Meditation and Yoga practices in a serene setting with a like-minded community. Nestled into the quiet of nature of the Pacific Northwest, the entire experience at Nectar will fill you with the grounding + reconnection you seek. Read on for all the info about our getaway together.



"Within reach, beyond compare." Bowen Island is only 20 mins off the coast of Vancouver on the ancestral and unceded territory of Nexwλέlexwm, yet it feels like a whole other world.

Our home away from home on retreat is at Nectar Yoga, a quiet sanctuary nestled into the trees and drenched in the unspoiled feelings that only nature can offer.



Meals are enjoyed around the long harvest table in the Onyx Lodge. Everything is vegetarian and is prepared with care by local caterers - you'll savour every last bite!



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Sustainability matters at Nectar. Natural cleaning products are used and you'll find plant-based soaps and shampoos in every suite.

Scandinavian-inspired cottages were designed with simplistic coziness in mind. Whichever accommodation you choose, the moment you step into your room, you know you've entered a safe place to unwind & relax.



Outdoor showers and a hot tub! (the latest addition to the property, and it's all ours all weekend ..a local handcrafted cedar hot tub with privacy for total relaxation.)

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## SCHEDULE

### **Wednesday**

3pm Check-in

3:45pm Group Orientation

4:30 - 5:45pm Welcome Circle, Spa Yoga + Setting Intentions

6:15pm Dinner

7:15pm - 8:15pm Breathwork, Journalling + Fire Ceremony

### **Thursday**

8-9:30am Yoga & Meditation

9:45am Breakfast

11:30am-1pm Ocean Meditation & Swim

1pm Lunch

2pm - 4:30pm Free Time

4:30pm - 6pm Restorative Yoga + Meditation

6:15pm Dinner

7:15pm - 8:15pm Breathwork, Meditation & Sharing

### **Friday**

8-9:30am Yoga, Meditation + Journal Prompts

9:45am Breakfast

10:30am Closing Circle

11am Check-Out

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## WHAT TO PACK

- journal and pen
- slippers & warm socks
- no need to bring yoga props, there are extra mats and props at Nectar
- lots of clothing options: layers, waterproof gear, whatever you deem suitable for mindful forest walks and for gentle yoga / meditation practices.
- bathing suit & beach towel
- travel mug or water bottle
- snacks, if desired. There are fridges in each cabin and in the main lodge.
- something to place on the altar and/or to burn in our fire ceremony (optional).

## EXCURSIONS | EXTRAS

### **Ocean Plunge**

Rinse and repeat? Carolyn will guide the group through a nature focused meditation followed by warming breathwork and plenty of laughs during the optional dip. Come for one or both.

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## GETTING THERE

### **Nectar Yoga Location**

720 Gardner Lane, Bowen Island, BC V0N 1G2, Canada, with plenty of parking available.

### **By Ferry**

Visit [www.bcferries.com](http://www.bcferries.com) for schedules and reservations.

## PAYMENT DETAILS

- A \$300 non refundable deposit will hold your spot (cannot be reimbursed, even if the spot gets filled).
- Final Payment is collected on July 1st 2024.
- Email transfer can be made to [info@carolynannebudgell.com](mailto:info@carolynannebudgell.com).
- If using PayPal or credit card, a 5% fee will be added. An invoice will be sent upon request.

Please email [info@carolynannebudgell.com](mailto:info@carolynannebudgell.com) with any questions.

Hope to see you soon!

Carolyn

**COMPLETE THE REGISTRATION FORM + BOOK YOUR SPOT HERE!**