

GUIDED MEDITATION

CLEANSING BREATHWORK

SILENT PERIODS

# MEDITATION RETREAT

TO BOWEN ISLAND WITH CAROLYN ANNE BUDGELL

COLD PLUNGES + HOT TUB SOAKS

INTENTIONS + JOURNALING

Enter the New Year with 3 days of meditation + breathwork

## JOIN ME AT NECTAR YOGA

**JANUARY 31 - FEBRUARY 2, 2025**



# RETREAT TO BOWEN

This special getaway will be a perfect way to transition into the winter months. Give yourself a chance to slow down and honour the season ahead.

Over 3 days and 2 nights, we will explore many types of Meditation and Breathing practices to give the entire system a reset (with very minimal Spa Yoga). While immersed in nature with like-minded beings, the invitation will be to release + listen with more clarity.

Read on for all the info about our retreat together.



"Within reach, beyond compare." Bowen Island is only 20 mins off the coast of Vancouver on the ancestral and unceded territory of Nexwléexwm, 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 prepared with love and intention and is made with locally-grown, organic ingredients—sourced from Bowen Island or BC's west coast as often as possible.



# RETREAT TO BOWEN

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.)





# RETREAT TO BOWEN

## SCHEDULE

### **Friday**

3pm Check-in

3:45pm Group Orientation

4:30 – 5:45pm Welcome Circle, Meditation + Setting Intentions

6:15pm Dinner

7:15pm – 8:15pm Lecture, Guided Meditation, Journal Prompts, Breathwork

### **Saturday**

8-9:30am Meditation, Breathwork & Yoga

9:45am Silent Breakfast

11:30am-1pm Ocean Meditation & Swim

1pm Lunch

2pm – 4:30pm Free Time

4:30pm – 6pm Seated Meditation & Walking Meditation

6:15pm Dinner

7:15pm – 8:15pm Lecture, Guided Meditation, Journal Prompts, Breathwork

### **Sunday**

8-9:30am Meditation, Breathwork & Yoga

9:45am Breakfast

10:30am Meditation & Closing Circle

11am Check-Out



# RETREAT TO BOWEN

## WHAT TO PACK

- journal and pen
- slippers & warm socks
- yoga mat, yoga block, meditation cushion
- lots of clothing options: layers, scarves, toques, insulated jackets, 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 for the open midday blocks
- flashlight / headlamp for evening strolls

## EXCURSIONS | EXTRAS

### **Ocean Plunge**

Rinse and repeat? Carolyn will guide the group through a nature focused meditation, warming breathwork and into inner steadiness during the optional dip. Come for one or both.

### **Connect with Carolyn**

Option to have a complimentary 20 minute one-on-one with Carolyn during the retreat to explore more personalized tools for presence.



# RETREAT TO BOWEN

## GETTING THERE

### **Nectar Yoga Location**

720 Gardner Lane, Bowen Island, BC V0N 1G2, Canada.

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

## PAYMENT DETAILS

- A \$300 non refundable deposit will hold your spot.
- Final Payment is due on December 9th, 2024.
- Email transfer can be made to [info@carolynannebudgell.com](mailto:info@carolynannebudgell.com)
- If using PayPal or credit card, a 4% fee will be added. An invoice will be sent upon request.

Please email [info@carolynannebudgell.com](mailto:info@carolynannebudgell.com) with any questions.  
To view rooms + rates and to book your spot go -> [here](#).

Hope you can make it!  
Warmly,  
Carolyn