

Goddess Girls Yoga & Mindfulness Retreats 2017



What's Included:

- Daily yoga & meditation at The Yoga Yurt
- Four night stay at Seaside Cabin (some tenting required)
- Travel/ferry costs from Brentwood Bay to Gabriola Island
- Nourishing meals, desserts, and snacks using local and organic ingredients
- Juicing, smoothies, and locally made kombucha
- Nature exploration and relaxation
- Beach time and sunshine
- Mala making with semi-precious stones
- Tea Making workshop with special Gabriola Island Guest
- Journaling and sharing circles
- One-on-one mentoring (optional)

Spring: March 27 -31

Summer: August 21 - 25

Investment: \$500+ gst
Gabriola Island, BC

For Goddess' 11 - 16 years
Space is limited to 8

Vanessa@storyyoga.com
to Register



Sample Menu:

~ Nourishing Dinners ~

BBQ organic chicken with grilled asparagus and salads

Make your own pizza with fresh made dough & local ingredients

~ Breakfast Smoothies ~

Local berries, banana, kale, and hemp seeds

Mango, banana, spinach, hemp seeds, and mint

~ Breakfast Brunch ~

Local eggs, fresh baked bread, local veggies & salad greens served with fresh fruit

Blueberry banana oat pancakes

~ Sample Desserts ~

Coconut bliss ice-cream with fresh berries

Organic lavender blueberry ice cream with fresh blueberries

Sample Itinerary (subject to change)

Monday:

- Drop off at Brentwood Bay ferry terminal at 12:45 pm for a 1:15 pm ferry departure
- 3:45 pm ferry from Naniamo to Gabriola Island
- 4:15 pm arrival at Seaside Cabin
- 5:30 pm: Nourishing Dinner featuring local and organic ingredients + dessert
- 7:00 - 8:30 pm: Yoga & Meditation Practice
- 9:30 pm: lights out

Some of the topics and themes we will explore:

Beauty and body image

Self confidence and courage

Personal power and potential

Friendship and authenticity

Self love and acceptance

Tuesday:

- 9:00 am: rise and shine, it's smoothie time!
- 10:00 - 11:00 am: morning yoga at the yurt
- 11:30 am: breakfast brunch with local & organic ingredients
- 12:30 - 1:30 pm: free time (one-on-one mentoring available)
- 2:00 - 4:00 pm: tea making workshop with special Gabriola guest
- 5:00 pm: Nourishing dinner featuring local and organic ingredients + dessert
- 6:30 pm: mala making
- 9:30 pm: lights out

Wednesday/Thursday:

- 9:00 am: rise and shine, it's smoothie time!



The Venue:

Gabriola Island is a magical place that is near and dear to my heart. For as long as I can remember, it has been a place to call home. It is a place I can come to unplug and unwind, a place to catch my breath. It is a place I can get grounded and reconnect to nature. It is a place I can slow down and simply be. It is a place where I feel divinely happy and free! It is a place I can watch the sun set and fall asleep to the sound of the waves. It is a place to practise self-love and a place to retreat. I am thrilled to be sharing this special childhood place with each and every Goddess Girl. I am thrilled to be facilitating a week of friendship, laughter, nourishment, and daily experiences that will feed our hearts and souls. It would be my honour and pleasure to have you join!

Namaste,
Vanessa Braun

- 10:00 - 11:00 am: morning yoga at the yurt
- 11:30 am: breakfast brunch with local & organic ingredients
- 12:30 - 1:30 pm: free time (one-on-one mentoring available)
- 2:00 - 4:00 pm: beach time
- 5:00 pm: Nourishing dinner featuring local & organic ingredients + dessert
- 6:30 pm: evening walk and outdoor guided meditation with malas // closing candlelit sharing circle
- 9:00 pm: lights out

*“May the long time sun shine upon you,
All love surround you,
And the pure light within you
Guide your way on”
- Snatam Kaur*

Friday:

- 8:00 am: rise and shine, it's smoothie time!
- 9:00 - 10:00 am: morning yoga at the yurt
- 10:30 am: breakfast brunch with local & organic ingredients
- 11:30 am: cabin clean and pack up
- 1:50 pm Gabriola Island ferry departure
- 4:10 pm mill bay ferry departure
- 4:30 pm: pick up at Brentwood Bay Ferry Terminal

My wish: My wish is for each goddess girl to leave feeling whole and that our time together nourishes their mind, body, and soul. My wish is that each goddess girl knows how amazing they are and that together we can nurture a love for oneself and each other as we step forth into the world.