

# Live Yoga

August 12-19, 2018



## Facilitators:

Kerry Lawson E-RYT500,  
Jeannine Saulnier E-RTY500  
Kabir Raj Rana, Certified Indian Chef  
& Yoga Instructor  
At Tusket House, Tusket Nova Scotia

**\*For those who would like to “reboot” their lives moving towards a healthier lifestyle.**

Learn the practice of Yoga by actually living it on and off the mat.  
Depart at the end of a week with the skill of implementing  
a way of life that is best suited for you.

**Includes:** basic knowledge of Ayurveda (understanding your own true nature); Yoga (asana, meditation and pranayama), basic, healthy cooking classes and recipes, exercises on how to de-stress your life, and much, much more....

**Cost:** \$600 incl. accommodations (shared), meals (all meals & clean up are interactive and part of the practice) and programming.

**\*space is limited, 100\$ non refundable deposit required, please.**

**Bring:** personal toiletries, towel, journal, and assigned food item, Yoga mat and pillow.

7:00am	sun salutations with mantra, meditation
8:00am	asana class
9:15am	breakfast & chai
10:30am	experiential program (incl. interactive discussion, practices)
12:30-3pm	lunch, walk, rest, swim, bike ride, etc
3:00- 4:00	pranayama & some form of gentle or restorative Yoga
5:00-6:30	interactive cooking class, or similar programming (if not interested in cooking)
6:30pm	supper
7:30pm	evening schedule (subject to be decided among group)

