

# 2023 Haida Gwaii Iyengar Yoga Summer Retreat with Louie Ettling

Our retreat this year will be held in beautiful Daajing Giids. We have been holding these retreats for over twenty years, sometimes twice per year. It is recommended that off-islanders give themselves a few extra days in Haida Gwaii, as the culture and history of the Haida and the beauty of the islands deserve time outside of the retreats.

Photo by: *Cacilia Honisch*

## **10 day retreat: Aug 23 - Sep 1, 2023**

Off-islanders arrive Aug 22 and depart Sep 2.

**Who is eligible:** Any practitioner with at least two years of experience. Students who are not yet known to Louie will need to be in touch with her personally before registering for the retreat.

We will study/practice yoga for five hours per day. The daily yoga will include meditation, pranayama, active poses and restorative poses. As per Iyengar yoga teachers' training, each student's realities (age, health, yoga history, nature) will be respected as best possible.

Breakfast and lunch will be provided. We will try to accommodate special food requirements with early notice.

**Costs for islanders:** \$1200 (tax included) for 10 days of yoga. Option to have all 10 breakfasts and/or lunches provided for additional cost.

**Payment:** *This retreat usually fills up very quickly.* A deposit of \$200 is due upon registration in order to hold your spot because organizers need to pay an immediate deposit for accommodation this year. Deposits can only be refunded if a replacement participant can be found. The remainder of the payment is due June 30, 2023. *Partial proceeds from this retreat will be used to improve the diversity of participants who have access to Iyengar yoga in Haida Gwaii.*

**Costs for off-islanders:** \$2380 (tax included). This amount includes 50 hours of yoga, accommodation, transportation to and from the Sandspit airport to the accommodation on travel days, breakfast and lunch. Dinner is not included, and we suggest that you budget \$300 if you plan to eat out at local restaurants.

## **Daily schedule**

8:00 am – 9:00 am Pranayama/meditation  
9:00 am – 10:00 am Light Breakfast  
10:00 am – 12:00 pm Asana class  
12:00 pm – 2:00 pm Lunch  
2:00 pm – 4:00 pm Asana class

We request that participants honour quiet mornings and respect silence after 9 pm.

Questions? Email Jenn at [jennkchow@gmail.com](mailto:jennkchow@gmail.com).

Payments are to be made via Interac e-transfer to Louie at [louie.j.ettling@gmail.com](mailto:louie.j.ettling@gmail.com).