

# 2024 Haida Gwaii Iyengar Yoga Summer Retreat with Louie Ettling and Jenn Chow

Our retreat will be held at the Earth Temple in beautiful Daajing Giids. The Haida Gwaii Iyengar yoga community has been hosting these retreats for over twenty years. We recommend that visitors give themselves a few extra days on the islands, as the culture and history of the Haida and the beauty of the islands deserve time outside of the retreats.

## **Nine day retreat: Aug 23 - Aug 31, 2024**

Off-islanders arrive Aug 22 and depart Sept 1.

**Eligibility:** Participants must be attending ongoing classes (online acceptable) with Louie or Jenn or with a certified Iyengar Yoga Teacher in their community.

**Description:** We will study/practice yoga for 52 hours over nine days. 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.



Photo by Heidi Furrer

**Costs for islanders:** \$1345 (tax included) for nine days of yoga.

**Costs for off-islanders:** \$2590 (tax included) for nine days of yoga, accommodation in a shared room, breakfast, lunch and three dinners. We are

only able to offer the shared room price if there is another participant to share that room. This price will increase by \$195 for a private room in a small suite, and by \$705 for a private room. Please let Jenn know your accommodation preference when you register.

**What is not included for off-islanders:** Dinner is not included for seven of the nights, and we suggest that you budget \$300 for seven dinners, if you plan to eat out at local restaurants for the other nights.

Transportation to and from Haida Gwaii, and between the airport and Daajing Giids is not included. However, on the arrival and departure days, we will have a volunteer driver provide transportation between the designated shuttle drop off/pick up locations in Daajing Giids and the accommodations.

**Meals:** Off-islanders will be provided breakfast and lunch for each of the nine days of the retreat, and breakfast on the departure day. Dinner will be provided on the day you arrive, and two other nights during the retreat for a total of three dinners. Participants are responsible for providing their own dinners for the remaining seven nights. This year everyone will have access to a communal kitchen where they are staying, where meals could be prepared together.

Islanders have the option of joining communal meals for additional cost.

**Dietary Restrictions:** If you have food allergies or serious dietary restrictions please email Shelly at [shellycrack30@gmail.com](mailto:shellycrack30@gmail.com) to confirm if this can be

safely accommodated in a group meal setting. Meals will be delicious and made with local food when available. The menu will be mainly vegetarian with some local seafood and venison.

**Accommodation:** Accommodations are at Spruce Point Lodge and Raven's Eye Reign airbnb. Both places have a communal kitchen, and an option for shared or private rooms. Bathrooms are a mix of private and shared. Rooms either include or have access to a kitchen, and to laundry facilities.

**Payment:** *This retreat usually fills up very quickly.* A deposit of \$350 is due upon registration in order to hold your spot. Deposits can be refunded with fair notice and reason, and if the organizers can find an eligible\* replacement. The remainder of the payment is due April 30, 2024. \*See "Eligibility"

*Partial proceeds from this retreat will be used to improve the diversity of participants who have access to Iyengar yoga in Haida Gwaii.*

Payments are to be made via Interac e-transfer to Jenn at [jennkchow@gmail.com](mailto:jennkchow@gmail.com).

**General questions?** Email [jennkchow@gmail.com](mailto:jennkchow@gmail.com)

**Dietary questions?** Email [shellycrack30@gmail.com](mailto:shellycrack30@gmail.com)



Photo by Louie Ettling



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Photo by Konstantin Beznosov