

Exploring the Nature of Tranquility



How does the way we approach an asana affect our mental state afterwards?

OVERVIEW



Under the guidance of experienced Iyengar yoga teacher Louie Ettling, we will explore the role our yoga practice can play in developing a peaceful inner landscape.

Join us for this sixteen hour workshop at the OpenHeartMind (OHM) Centre in Merville, BC.

DETAILS

This retreat is limited to 15 participants, with applications approved by Louie. It includes three nights of double-occupancy accommodations at Oyster Bay Resort and a catered vegetarian lunch on Saturday, September 13.

The cost per person is \$740. Payments can be made in two installments of \$370, due on March 1 and June 1. Registration is confirmed once the final payment is received by June 1.

In the event of a medically related cancellation, a full refund, minus a \$50 administrative fee, may be provided at Louie's discretion.

SEPTEMBER 2025 SCHEDULE

- 11TH Thursday (RESTORATIVE)
5PM–7PM
-
- 12TH Friday
9AM–12PM & 2PM–5PM
-
- 13TH Saturday
9AM–12PM & 2PM–5PM
-
- 14TH Sunday
9AM–11AM

PRICE

\$740 per person

LOCATION

OpenHeartMind Centre,
Merville, BC
OpenHeartMind.ca

REGISTER

To register and for questions, please email louie.j.ettling@gmail.com

 REGISTER NOW