

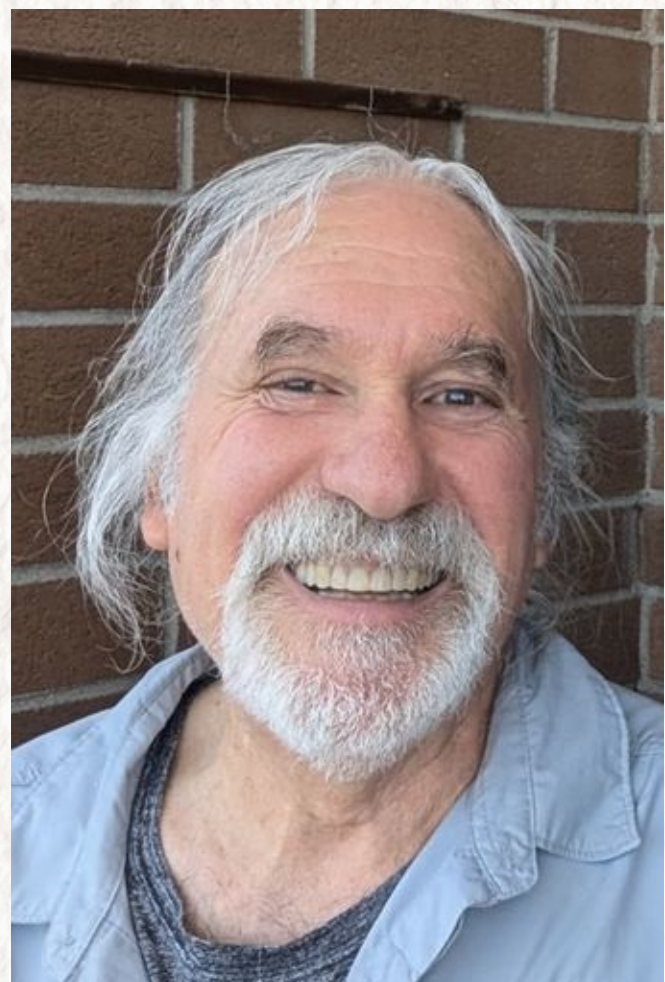
LIMITED 10 SPOTS

Special Christmas & New Year Retreat

LOCATION: QUEBEC ASHRAM, ST. ETIENNE DE BOLTON, QUEBEC
DATES: DECEMBER 24, 2024 – JANUARY 2, 2025, MINIMUM 3 DAYS

Escape the holiday hustle and deepen your practice at this **9-day ashram retreat!**

- Designed for **initiated** students
- **English & French**
- **Morning Practice:** Asanas, pranayama, dhyana, mantra
- **Evening Sessions:** Talks, readings, kirtan
- Cost: \$100/day (all included)
- Optional pick up @Magog



Daily Schedule

- 6:30–8:30: Asana, pranayama, dhyana, mantra practice
- 9:00–10:00: Breakfast
- 10:00–3:00: Free time
- 15:00–16:30: Asana, pranayama, and dhyana practice
- 17:00–18:00: Dinner
- 19:00–21:30: Evening program

HOST: ACHARYA AMMAN (SINCE 2010)
EMAIL FOR RESERVATIONS: A.FRANK@SASKTEL.NET