

The Language of Yoga

WEEKEND YOGA & WRITING RETREAT

On Gabriola Island

APRIL 24, 25, 26 2009



Presented By

Island of Peace Yoga
535 North Road, Gabriola Island, British Columbia

With Special Guest Dr. Michèle Gunderson

Join Michèle Gunderson as she leads you through specially designed yoga practices to unleash your creative potential.

With your creativity flowing, you will then be coached in your writing using the proven methodology of the Amherst Writers & Artists.

Overview

The retreat will begin with gentle yoga at 7 p.m., followed by a light snack and our first writing session Friday evening; it will end at 3:00 p.m. on Sunday. We will alternate sessions of writing with sessions of yoga and meditation. All sessions are optional; if you choose, you may wish to go for a walk, continue your own personal writing, take a rest, or engage in some other activity during the retreat. This is your retreat. Do whatever nourishes your body, your spirit, and your own creative soul.

In this retreat, we learn to write from our whole being by moving our bodies through yoga poses, stilling our minds in meditation, and letting go of the inner critic in a safe and supportive writing circle.



As we begin to inhabit our bodies more peacefully through yoga and meditation, letting go of tension, our writing begins to flow and the creative spirit is unleashed. We learn to banish that voice that sounds like our older brother or our teacher telling us how our writing is somehow not right.

As we write and do yoga together, we find inner silence and ultimately, space for our stories to emerge. These stories are both uniquely our own and, because they speak to our real lives, truly universal, serving to connect us with one another. When we write from this centred space – whether we write poems, short stories, non-fiction, or family anecdotes – we write the truth of our lives. In this retreat we write together, and we write what is true *now*, however it emerges, be it a country and western tune, a play, a journal entry, or a story about our fifth-grade teacher. This close attention to what *is* in our writing and the support of a fun and accepting writing community enriches our yoga practice. As we allow our writing to emerge just as it is, we can also begin to accept each yoga pose as it is at the moment – this morning's Triangle Pose, or this evening's Mountain Pose.

This diving-into-the-heart-of-the-moment is crucial to the practice of yoga. As we learn to live in the present moment, we unleash our creative potential in all aspects of our lives. By bringing yoga and writing together, we enrich both practices and find new ways to nurture our creative spirits.

The Surroundings

With its lush, forested parks and quiet, sandy beaches, Gabriola Island is an enchanting place to retreat from the hectic pace of daily life. One of the most accessible of the Gulf Islands, Gabriola is known for its pottery and other local crafts, its temperate climate, and its laid-back atmosphere. You may want to arrive early on Friday and rent a bike, car, or scooter to take a tour of the island. If you turn off North Road, where our retreat centre is located, you can head along Barry Point Road to see the spectacular Coast Mountains across the waters on the mainland. You can also head out to Entrance Island Lighthouse, a landmark with a stunning view on the northwest end of the island.



Take your time to enjoy Gabriola, with its beautiful forests and picturesque roads, its ancient native stone carvings and beautiful coastlines. For more information on Gabriola, please visit www.gabriolaisland.org/GICC/forVisitors.htm



The Studio

When you arrive at Island of Peace Yoga, know that you have arrived in a warm, inviting, and meditative space. With its hardwood floors and well-equipped studio, Island of Peace yoga has all the yoga amenities to make your retreat a memorable experience.



The owner of the studio, Tim Bruns, is a dedicated yogi devoted to the path of peace, and he will help to provide all the support you need to ensure a wonderful stay.

Our meals on Saturday and Sunday will be healthy and vegetarian, served right at Island of Peach Yoga. If you have any food allergies or intolerances, please let your facilitator know well in advance, and we will do our best to accommodate your needs.

For further details concerning the retreat centre, please see www.islandofpeaceyoga.com



Please Note

No experience in either yoga or writing is necessary for this retreat. The retreat is suitable for everyone, from beginners to experts.

Yoga Classes



Michèle will provide a gentle yoga practice that focuses on breathwork and on finding inner stillness through a meditative yoga practice. While we will sometimes work hard, we will play with our yoga poses as well, learning to be at ease in our own physical forms. Exploring the ways in which our emotions are connected to our bodies, we will see how our spirits are affected by different movements – standing poses, gentle back bends, simple balancing poses, restorative forward bends, and so on. We will focus on maintaining a healthy alignment of the body, an alignment that will help us to breathe easily and move freely throughout our lives.

Writing Circles

During our writing circles, we will write together for a set period of time following a specific writing prompt: Michèle may read a poem, provide a guided visualization, or use a set of words or objects to trigger memories, for example. We will then respond to each other's writing, refraining from any negative critique, commenting only on what stays with us and on what we like in the writing. The writing done in the workshop is fresh and new, and like a newborn baby, it is vulnerable. So we nurture it by focusing on what is strong. In one session on developing a manuscript, Michèle will provide some guidance on what to do in later stages of the writing, but the focus of the retreat will be to support the generative process. This new writing is where the creative spark lies.

The Amherst Writers & Artists' method that we will use in this workshop nurtures writing and keeps writers safe in a number of ways. We will treat all the work as fiction, referring to the speaker of the work as "the narrator," so that we can write what is most important to us as it arises in the moment. We will honour the writer by listening carefully. We will be invited, but never forced, to share our work with the group. While the writing process can be therapeutic, it is not therapy, and we will maintain our focus on the writing.



We will concentrate on the writing at hand, not on anecdotes of similar experiences. As we follow these guidelines, we will find that our own unique voices begin to emerge.

REGISTER EARLY

Limited Enrollment

UNTIL FEBRUARY 1st

\$325.00 + GST

AFTER MARCH 1st

\$425.00 + GST

MEALS INCLUDED!

"I absolutely appreciate knowing Michèle and working with her - I don't feel it was just a coincidence that we met. Our work together has helped me on my journey, helped me to find what I'm looking for in my life. For that I am truly grateful."

Lynn Lederhos,
Writer and stay-at-home mother, Calgary

Michèle Gunderson, Ph.D., C.Y.T.

Retreat Facilitator

Michèle has a gift for inspiring students to reach beyond themselves to achieve new heights in their writing, their yoga, and their lives. One of her greatest joys is to pass on the wonder and beauty of creating a life that is your own, a life filled with the deep peace of yoga and the joy of creative expression. Students in her classes find that they sleep better, laugh and move more easily, and smile more often.

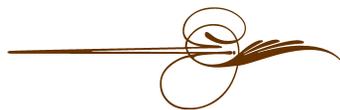


Michèle's passion for writing and yoga began early, from her story writing as a child to her diligent practice of Richard Hittleman's *Yoga: Twenty-Eight Day Exercise Plan* as a teenager. After several years as a fitness instructor, she rediscovered yoga in a modern dance class in the mid-1990s. A yoga teacher trained in the Iyengar method of yoga through the Iyengar Yoga Teacher Training Program at the Yoga Studio, Michèle teaches yoga at the Yoga Studio, World Tree Studio, and the Tom Baker Cancer Centre in Calgary; she also teaches corporate classes and does private coaching. Having studied various styles of yoga in Guatemala, Texas, San Francisco, and the Kootenays, she found a home in Iyengar yoga after working with senior Iyengar teachers whose strength, grace, wisdom, and joy inspired her. She has attended yoga workshops with numerous senior Iyengar teachers, and her own yoga practice has been guided by regular study with one of the few senior Iyengar teachers in Canada, Margot Kitchen.



Nominated for a Students' Union Teaching Award at the University of Calgary in 2006, Michèle has taught literature and writing courses at the University of Calgary and at the University College of the Cariboo (now Thompson Rivers University). Her publications have appeared in *Patchwork Journal*, *West Coast Line*, *Studies in Canadian Literature*, and elsewhere. Although she enjoyed working as a university teacher and researcher, Michèle longed to bring the joy of writing into the community, to make it accessible to everyone. She also wanted to bring the benefits of yoga to students, to enrich their writing practice and their lives; to this end, she founded the Language of Yoga in 2007, and has been teaching yoga and writing to hundreds of students since then.

Michèle is an Affiliate Member of Amherst Writers & Artists, a group whose methods of teaching writing are in accordance with the yogic principle of *ahimsa*, or nonviolence — namely, that the craft of writing can be taught and learned with playfulness and ease, with awareness, great love, and joy. In her classes, writing becomes a meditation, an entryway into a greater sense of presence, self-awareness, and peace.



Michèle's Yoga and Writing Retreat was one of the most powerful experiences of my life. I learned there what it is like to be healthy, to exude vitality from body, heart, mind, and spirit. I came away from my three-day trip just glowing. When I got home, my partner said I looked "radiant."

Kristin Fast, Musician & Student, Calgary

Tim Bruns

Your Host



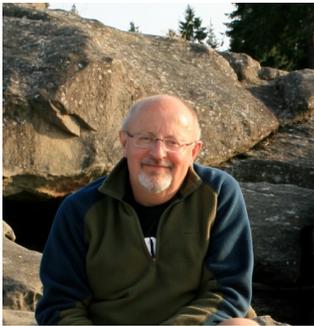
The journey which led Tim Bruns to become a yoga instructor on Gabriola Island has been filled with rich experiences. He has been a philosopher and a monk, a cancer patient, a patented researcher, and an ultra-distance athlete.

He is trained to teach yoga and meditation in the Himalayan tradition, as taught by Swami Rama and his disciples Swami Veda Bharati and Pandit Dabral. Certified as a yoga teacher through the Yoga Studio College of Canada, Tim is a member of the International Association of Yoga Therapists.

With a master of science degree in occupational health and safety, Tim has completed studies on the efficacy of yoga in various therapeutic situations. A popular teacher and welcoming host, Tim has taught yoga classes and workshops in Alberta, Yukon Territory, the United States, and India.

Duane West

A Special Treat



After thirty-five years in the Parks Canada warden service, Duane West now works for the visitor centre on Gabriola Island. He has lived his life in Canada's national parks, along the beautiful shorelines and in the lush valleys and dense forests of Canada as few others have, working to protect our natural spaces from coast to coast. His career has spanned the country, from the Bay of Fundy in Nova Scotia to the Yukon's Kluane National Park. Duane will bring his vast experience of Canada's natural spaces and his insights into nature's gifts as we explore Gabriola Island's Yogi Trail in Descanso Bay Regional Park together on Saturday afternoon.

Like all portions of the retreat, this excursion into the quietness and beauty of the woods is entirely optional; feel free to enjoy your afternoon in the way that most nourishes your soul.

Getting To & Around Gabriola

By Ferry

Getting to Gabriola Island is easy. One of the best ways to get there is via ferry from Nanaimo. If you are flying into Nanaimo, you can take a taxi or the Nanaimo Airporter EXPRESS (1-800-209-7792) from Cassidy Airport to the Gabriola ferry terminal. Cassidy Airport is about 20 km south of Nanaimo.

From the ferry terminal at Nanaimo Harbour in downtown Nanaimo, you will then take the ferry to Descanso Bay Ferry Terminal on Gabriola Island. The ferry schedule can be found at www.bcferries.com. There are no reservations for the Gabriola ferry; the ferry ride is about twenty minutes.

By Air

If you wish, instead of taking the ferry from Nanaimo, you can fly directly to Gabriola Island via float plane from Vancouver. Tofino Air has regular daily flights to and from Silva Bay on Gabriola Island. For further information on this service, please go to www.tofinoair.ca.

Local Transportation

Once you arrive on the Island, your hosts will be available to greet you and take you to wherever you have booked your room for the weekend. If you wish to take a taxi instead, contact Gabriola taxi service at 1-250-247-0049.

For bike rental information, visit www.cliffcottage.ca/ccrentals.htm.

Accommodations

For information on where to stay while you are on the island, please visit www.gabriola-accommodation.com.

Island of Peace Yoga and Writing Retreat Registration - April 24, 25, 26 2009

Registration is limited, so be sure to register as soon as possible or register on-line at www.languageofyoga.com/retreats
 To secure your spot in this retreat, please print and complete this form and submit with the enrollment fee.
 Please make the cheque payable to **Village Yogaworks**.
 Visa & Mastercard payments accepted by phone.

Tim Bruns
Island of Peace Yoga
 535 North Road
 Gabriola Island, British Columbia

RETREAT ONLY

Until March 1st
\$375.00 + GST = \$393.75
After March 1st
\$425.00 + GST = \$446.25

TELECLASSES (Add amount to your payment)

Thursdays from 2:15-3:00 p.m. MST
 SEE NEXT PAGE FOR FURTHER INFORMATION
(Includes 30% discount with retreat registration)
1 class (\$14.00 + .70 GST) **Add \$14.70**
4 classes (\$52.50 + \$2.63 GST) **Add \$55.13**
10 classes (\$122.50 + \$6.13 GST) **Add \$128.63**
30 classes (\$297.50 + \$14.88 GST) **Add \$312.38**

PLEASE PRINT

Name:	Home Phone:
Mailing address:	Work Phone:
E-mail address:	Cell Phone:
Food allergies or intolerances:	
Yoga experience (if any):	
Do you own a yoga mat? Yes OR No	
Writing experience (if any):	
Medical conditions and/or health concerns:	
How did you hear about this retreat?	
Anything else you'd like Michèle to know before the retreat begins:	

Fee includes: meals, classes, workshops, handouts, and materials/supplies. Fee does not include travel or accommodations.

Refund policy: The deposit is non-refundable. Refunds for the balance of the registration will be given only if your spot can be filled by another registrant on the waiting list. Registrations are transferrable: if you cannot make it to the retreat, you can send someone else in your place.

INFORMATION & REGISTRATION

Tim Bruns, Island of Peace Yoga

peace@islandofpeaceyoga.com or (250) 325-7221

www.islandofpeaceyoga.com

The Language of Yoga
Now Offering
WEEKLY GROUP TELECLASSES
Thursdays at 2:15 - 3:00 p.m.MST

Extend the benefits of your retreat experience.

Nurture your creativity.

Receive ongoing support from an international community of writers and yoga practitioners.

Stay “in the flow.”

Let your retreat experience of being truly alive and present in each moment extend throughout your year.

Join us in a place where your voice can be heard.

Your words shape our discussion. We work together to answer your questions about practice, from how to move beyond writers' block to how to best use a yoga block. Together, we learn how these questions are connected, and why they matter.

Discover your highest self.

Create a sacred space each week to meet with others who are on a similar journey.

Deepen your yoga and writing practice at home.

Find out how combining these practices can wonderfully transform your life, the lives of those around you, and your world.

FEES FOR TELECLASSES

Teleclasses Only

1 class	(\$20.00 + \$1.00 GST)	\$21.00
4 classes	(\$75 + \$3.75 GST)	\$78.75
10 classes	(\$175 + \$8.75 GST)	\$183.75
30 classes	(\$425 + \$21.25 GST)	\$446.25

Reduced fees with Retreat Registration

1 class	(\$14.00 + .70 GST)	\$14.70
4 classes	(\$52.50 + \$2.63 GST)	\$55.13
10 classes	(\$122.50 + \$6.13 GST)	\$128.63
30 classes	(\$297.50 + \$14.88 GST)	\$312.38

INFORMATION & REGISTRATION

Contact

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