

YURT YOGA BOBCAYGEON RETREAT DESCRIPTIONS

Welcome to our forest retreats, surrounded by the beauty of nature and a babbling creek. Our mini, half and full-day retreats are designed to give you a break from the stress of daily life and immerse yourself in a magical environment that will nourish your body, mind, and spirit.

Most of our practices take place in an authentic Mongolian yurt, adding to the unique and mystical ambiance of the retreat. The yurt is cozy, inviting, and filled with positive energy that will transport you to a different realm.

Our retreats are uniquely designed, and offer a range of activities, including:

- Yoga: Restorative, Yin, Vinyasa, Hatha, Beginners, Nidra, Yang/Yin etc.
 - Reiki: hands on healing
 - Journaling: self-study
 - Aromatherapy | Restorative Yoga + Essential Oil Massage
 - Thai Massage | Restorative Yoga + Thai Massage
 - Moon Circles | Rituals
 - Sacred Share Circles | Women's Healing Circles
 - Cacao Ceremony
 - Sound Bathing | Crystal Singing Bowls | Drums | Chimes | Kirtan
 - Mala Making,
 - Meditation | Pranayama
 - Nature hikes | Forest Bathing
 - Kayaking | Swimming
 - Fire Ceremony | Bonfires
- ... *and more!*

Our experienced facilitators will help guide you to relax, surrender, experience, and just be. Whether you want to connect with nature, release stress and tension, or simply relax and rejuvenate, we have something for everyone.

For those who wish to extend their experience, we also offer off-grid cabin rentals for overnight stays, a weekend or week. Our cabins are nestled in the forest, allowing you to fully immerse yourself in nature and disconnect from the outside world. It is a nature lover's dream to just observe the babbling creek, wildlife and trees.

We also offer the option to design your own private group retreats and stays to celebrate birthdays, family members, milestones, accomplishments, sisterhood, a life win, and more. We will work with you to create a customized experience that will be both memorable and transformational.

Come join us at our forest retreat, and let us help you reconnect with yourself, nature, and the world around you.

overnight accommodations | make this a full overnight retreat experience

We have 2 tiny off-grid waterfront cabin rentals on site if you would like to extend and enhance your retreat experience. Our cabins are 4-season, each with a queen sized bed, potable water, hot plate, its own fire pit and with a shared, heated, composting outhouse. Nestled in the forest for a quiet retreat, yet close to everything you may need, this is nature lover's paradise. *Max persons per cabin: 2*

For more details, availability and booking, please contact Joey: info@yloft.ca

moon circles | afternoon and evening retreats with restorative yoga + reiki

Moon ceremonies are spiritual gatherings that honor the power and energy of the moon. They can take place during any phase of the lunar cycle and typically involve rituals, meditation, and other practices to connect with the moon's energy. Our moon ceremonies are experienced in the yurt, surrounded by nature, at the edge of the forest, and creek.

During our moon circles, participants can expect to engage in a traditional ritual to honor the moon and its current phase. Following the ceremony, guests will be guided through a restorative yoga practice, designed to release tension and relax the body and mind. While in the restorative poses, a Reiki healing session, a form of energy healing that involves the transfer of universal energy to the client through the hands of two practitioners will be performed. The Reiki practitioners will walk around the yurt, placing their hands on the participants to transfer the healing energy, allowing for a deeper relaxation and healing experience.