

# Sheep Creek Yoga Collective Fall Equinox Gathering 2018

FRIDAY

September 21, 2018



## COMMUNITY WELCOME

*SCYC Ambassadors*

When you arrive on Friday, head to the Community Tent to register, have a cup of tea and meet some SCYC volunteers who can help answer any questions you may have. We will also have a smudging station available to cleanse yourself upon your arrival, leaving that which does not serve behind, and grounding into the weekend.



## A SLOW FLOW

*Lauren Hutchings / @\_laurenhutchings\_*

Inquire into the duality of your body and mind as you smoothly navigate from shape to shape. Cultivate a sense of grace as you meet yourself each breath and flow through both the shadow and light side your experience with strength and ease.



## HEART ABUNDANT ASANA

*Lauren Tallarita / @laurenanne.yoga*

What we focus on, grows. What we celebrate, grows exponentially. The Autumnal Equinox offers an opportunity to celebrate all things – day and night, light and dark, life/death/rebirth – in equal balance. Welcome all of your selves exuberantly home to harvest in a slow burning heart-abundant asana practice that will honor the cycles of the seasons and celebrate your place within them.



## YOGA NIDRA

*Megan Luther / @megoluther*

Dive deep into the depths of the mind and into the energy of the heart as we explore the witnessing aspect of our consciousness. Come into the peace of just Being, connecting heart to heart and expanding this loving energy outwards.



## RIVER CEREMONY

*Cesar Balestrini / @newwingsbalestrini*

This a ceremony for new beginnings, letting go or just offering to mother earth. Bring your intention and an offering, a sacred object, a rock or a piece of wood that will be the symbol and we'll release it in the river in a beautiful way praying to Great Spirit and the four elements.



## MASTER CLASS

*Candace Cooke / @candacecooke*

The Fall equinox transitions us from a time of fruitfulness to a time of harvest, and from longer days to longer nights. The segue way into shorter days and increased darkness can bring up anxiousness and apprehension, but it is also a period for rest, rejuvenation and manifesting potential.



## SOUND HEALING AND ENERGETIC REALITY

*Gareth Philips / @crystal\_vibes\_sound\_healing*

In this workshop, participants will be introduced to the use of sound, the science behind sound, and music as medicine drawing from the wisdom of the ancients and modern innovations. The workshop will conclude with a blissful sound bath that will harmonize, tune and balance the mind, body and spirit.



## NATURE WALK

*Marcelle Levesque*

Marcelle has 45 years of experience working in Canada's Rainforests. He has a deep appreciation and knowledge of forest ecosystems and has personally cared for the land and trees at Wolf Willow for the last 2.5 years. Join him for an insider's look into the land we share for the weekend.



## ENERGY MEDICINE AND NIDRA

*Caitlyn Montgomery / @caitlinmontgomeryyoga*

The class begins with a few slow movements to balance the body's energy, and then allows the body to restore and heal with a full Nidra practice. This is a time to excavate anything that may be churning beneath the surface to arise - to bring all feelings and all aspects of you and your human experience into awareness and accept and welcome all of yourself back to wholeness.



## OPENING THE HEART CENTER WITH SACRED SOUND

*Jeremy Demytruk / @boomtown\_dharma*

This class will share the teachings of sacred sound for healing and offers kundalini yoga kriya, mantra and meditation to elevate and amplify consciousness.



## PRANAYAMA

*Carol Hutchison*

Open up channels for your breath and energy to flow freely, with sounds that honour the universal sun, moon and earth. Carol will guide you in a balancing and energizing pranayama practice and meditation. Use the power of breath to let go, surrendering in a supportive community.



## MALA MAKING WORKSHOP

*Tahl Ghitter-Kalsi / @urban\_gypsy\_yoga*

Join Tahl for this creative crafting circle. Beads will be used as drishti within the crafting process practice and emphasis will be placed on the "seated" aspect, awareness of posture and breath through out. Please bring \$20 to support the cost of materials (space is limited).



## VINYASA FLOW

*Rowan Rocskar / @rrocskar*

Join Amy, of Awaken Life Yoga, for a vinyasa style flow class embracing the warm energy of the sun. A summer-inspired practice will leave you feeling energized and grounded. Opening our hearts to practice in community as we breathe and move together in unity.



## FALL AYURVEDIC SEASONAL SADHANA

*Mina Khan-Lee / @minakha*

Fall is a season to re-establish our own rhythm and to strengthen our immunity as we welcome the Vata season. This workshop will provide you with some basic Ayurvedic guidelines and tips to minimize the stress of vata season (characterized by being cool, light, windy, and unpredictable). Come learn daily practices such as oiling, pranayama, lifestyle & food suggestions and asanas to stabilize, nurture and nourish the mind and body in the autumn season.



## ORGASMIC LIVING: TANTRA WORKSHOP

*Alice Hong / @alicehong108*

Orgasmic living is about cultivating your sensitivity and using pleasure as a gateway to the perfection of every moment. In this workshop, explore how to use breath, sound, and movement to activate your energy body and awaken your senses to a world of delight. This session will be juicy, playful and delicious.



## SATSANG

*Tanis Fishman & Carol Hutchison / 4:30PM*

Join Tanis and Carol for a talk about all things yoga. Bringing perspectives of yogic philosophy, Eastern and Western anatomy and sitting with self, Tanis and Carol will provide new perspectives to your practice on and off of the mat.

SATURDAY

September 22, 2018



## INNER JOURNEYS ECSTATIC DANCE

*Kylee Dawn/ 8:00PM*

Imagine the journey of becoming the Dance. Moving each cell, each molecule - creating space for the mind to relax and to let the body groove. Imagine a place of pure enjoyment, a deep presence with Self and smiling from the inside out. Dive into the ecstatic freedom within You.

## SERVICE OFFERINGS

*Friday & Saturday*  
*Limited Spaces Available*



## REIKI

*Clara Kim*

Sign up to receive a 20 minute Reiki session. Reiki can promote deep relaxation, remove energy blocks and harmonize all layers of our being.



## VINYASA FLOW

*Meno Oba / @menojude*

Multi-level class with emphasis on breath. Sprinkled with yoga philosophy. Options will be offered and the freedom to go where the body needs to flow.



## JAPA MANTRA MEDITATION

*Tahl Ghitter-Kalsi / @urban\_gypsy\_yoga*

Put your mala into practice as you are expertly guided through a Japa meditation. Japa is the meditative repetition of mantra to bring about concentration and instills the mind with positivity. Tahl will provide tips for Japa, a brief history of mala beads and how to properly use them, and mantras for Japa.



## TAI CHI

*David Stark / 10:30AM*

Tai Chi helps rebuild the spirit and body and is a form of moving meditation. Tai chi helps bring peace of mind, calm breathing, lower heart rate and relaxation. As a way of exercising, it can be done as long as one lives. Tai Chi reinforces the notion, also found in yoga, that we can only be in the present. It is a way to discover the Grand Ultimate Tai Chi helps adjust weigh, clear the mind and strengthens the brain.



## **NATURE EXPLORATION**

*Children's Tent / Yoga Barn (downstairs)*

Adult guided exploration of the natural areas with a focus on autumn changes and readiness for winter season, and also a guided visual scavenger hunt looking for unique elements of the property.



## **KIDS YOGA GAMES AND CHALLENGES**

*Children's Tent / Yoga Barn (downstairs)*

## **ARTS CENTRED ACTIVITIES**

*Children's Tent / Yoga Barn (downstairs)*

Arts-centred activities such as weaving, clay printmaking, painting and small individual natural material sculpture creation will be available. There will also be an opportunity for kids to create 1 large collaborative sculpture.

