

Past Yoga Retreats



Cortes Island, Dorje Ling Dharma Centre

June 27 - July 1, 2010

May 16 - 18, 2015

Saltspring Island, Saltspring Centre of Yoga

November 20 - 22, 2015

November 11 - 13, 2016

November 10 - 12, 2017

November 9 - 11, 2018

November 8 - 10, 2019

Bowen Island, Xenia Centre

April 15 - 17, 2016

May 12 - 14, 2017

May 4 - 6, 2018

What's Included?

- ▶ Comfortable Accommodations
- ▶ Nourishing Meals
- ▶ Yogic Talks + Workshops
- ▶ Meditation
- ▶ Breathing Exercises
- ▶ Postural Practice
- ▶ Time for Rest + Integration
- ▶ Community Building + New Friends
- ▶ Forest Bathing
- ▶ Nature Walks

Contact: info@vvyoga.ca

*Stay tuned for upcoming retreats.