

Private or Semi Private Retreats in Wentworth for Individuals or Couples

You are being welcomed into a private home. Please treat it better than your own.

Students will have access to a beautiful lakefront property with their own private room and private bathroom. Wifi and a vast library of yoga books are also available.

Meals will be very simple, vegetarian and based on individual constitutions and season. Participation in cooking and cleaning is required. Tea will be available all day long. Linens are provided.

Daily individualized asana will be prescribed and you are expected to abstain from all stimulants that can affect your sadhana, including smoking, alcohol and caffeine.

Mouna (practice of silence) is to be observed upon waking until morning class starts.

Sample Daily Schedule

7:00am	class
9:00am	light breakfast
12:30pm	lunch (main meal)
4:30pm	class
6:30pm	soup dinner

You are responsible for :

- Your own transport. Renting a car is recommended.
- Informing of any allergies.
- Attending in good health. Cancel and do not enter if sick.
- Your free time.
- Wearing a headset while playing any devices.
- Keeping all areas tidy and quiet.
- Use of indoor fireplace not permitted.
- Replacing or repairing any damages incurred during your stay.

Confirmation of exact reserved dates and practice times are required. Booking is secured with first payment. By sending payment, you have agreed to the above terms.