

The Art of Sacred Rest

July 5 to 9th 2027

Nectar | Bowen Island | British Columbia | Canada

WHERE YOUR JOURNEY BEGINS

IT'S ABOUT TIME YOU

RETREAT YOURSELF

Nestled within 20 acres of lush forest on Bowen Island, British Columbia, Nectar Yoga Retreat Centre offers a sanctuary to step away from the pace and demands of everyday life, slow down, turn inward, and reconnect with a deeper sense of peace, presence, and ease.

Mornings begin with the soft glow of dawn and sounds of the forest, creating a sacred setting for practice in Nectar's iconic geodesic dome. Guided by Kristyn Rose and Sarah, each day offers an immersive blend of Yoga, Yoga Nidra, Yin and Restorative Yoga, meditation, breathwork, Qi Gong, sound meditations, specialized workshops and more. With deep rest and spaciousness woven throughout the experience, you are invited to move at your own pace, listen inward, and explore the art of sacred rest and ritual through practices that nourish the body, quiet the mind, and reconnect you to yourself.

Seasonally inspired plant-based meals bring us together around the table, while Ayurvedic rituals and self-care workshops offer meaningful ways to cultivate greater nourishment and presence in everyday life. Within a deeply supportive community, there is space for reflection and meaningful connection, as well as laughter, play, and the simple joy of sharing this experience together.

Between practices, the natural beauty of Bowen Island invites you to wander forest trails, visit the nearby lake, plunge into the ocean, explore the charming village, or surrender into the warmth of Nectar's Mist thermal spa. There is nowhere you need to be and nothing you need to accomplish. These spacious moments invite you to rest, receive, and simply be, allowing the body, mind, and heart to soften and replenish.

Held by the wild beauty of the West Coast, the warmth of community, and the rhythms of nature, these five days offer a meaningful pause from everyday life. A chance to breathe deeply, reconnect with what nourishes you, and return home feeling rested, grounded, and renewed, carrying with you simple rituals and practices to support greater peace and presence in the days ahead.

We cannot wait to welcome you to our home and the beauty of the west coast.

NURTURE. RESTORE. RENEW.

WE ARE SO HAPPY YOU ARE HERE

WHY NECTAR?

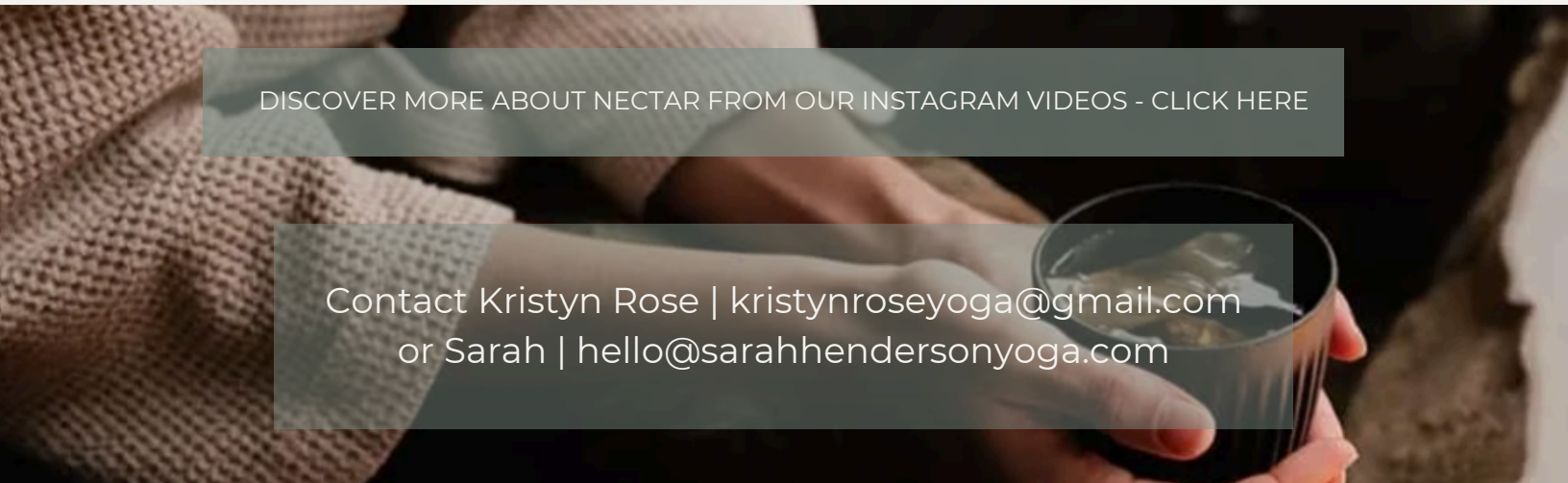
Nectar Yoga Retreat Centre, nestled in the serene forests of Nexwlélexwm (Bowen Island), British Columbia, is a sanctuary for those longing to step away from the pace of everyday life and reconnect with themselves. Located on the ancestral lands of the Squamish Nation, Nectar spans 20 acres of lush woodland, and offers a beautiful setting for five days of sacred rest, mindful practice, ritual, and connection amidst the natural beauty of the Pacific Northwest.

In July, Bowen Island comes alive with vibrant coastal forests, warm summer days, and fresh ocean air. Mornings begin with the gentle sounds of the forest and practice in Nectar's iconic yoga dome, while spacious afternoons invite you to wander nearby trails, visit the lake, swim in the ocean, explore the island, or simply rest. With nowhere to rush and nothing to accomplish, the natural rhythms of the island become part of the retreat itself.

Throughout the week, Kristyn Rose and Sarah will guide an immersive blend of Yoga, Yoga Nidra, Yin and Restorative Yoga, meditation, breathwork, mantra, sound journeys, and other contemplative practices designed to quiet the mind, nourish the nervous system, and deepen connection to Self. Specialized workshops, Ayurvedic self-care practices, and meaningful rituals offer opportunities to explore what truly nourishes you and cultivate simple practices you can carry into everyday life.

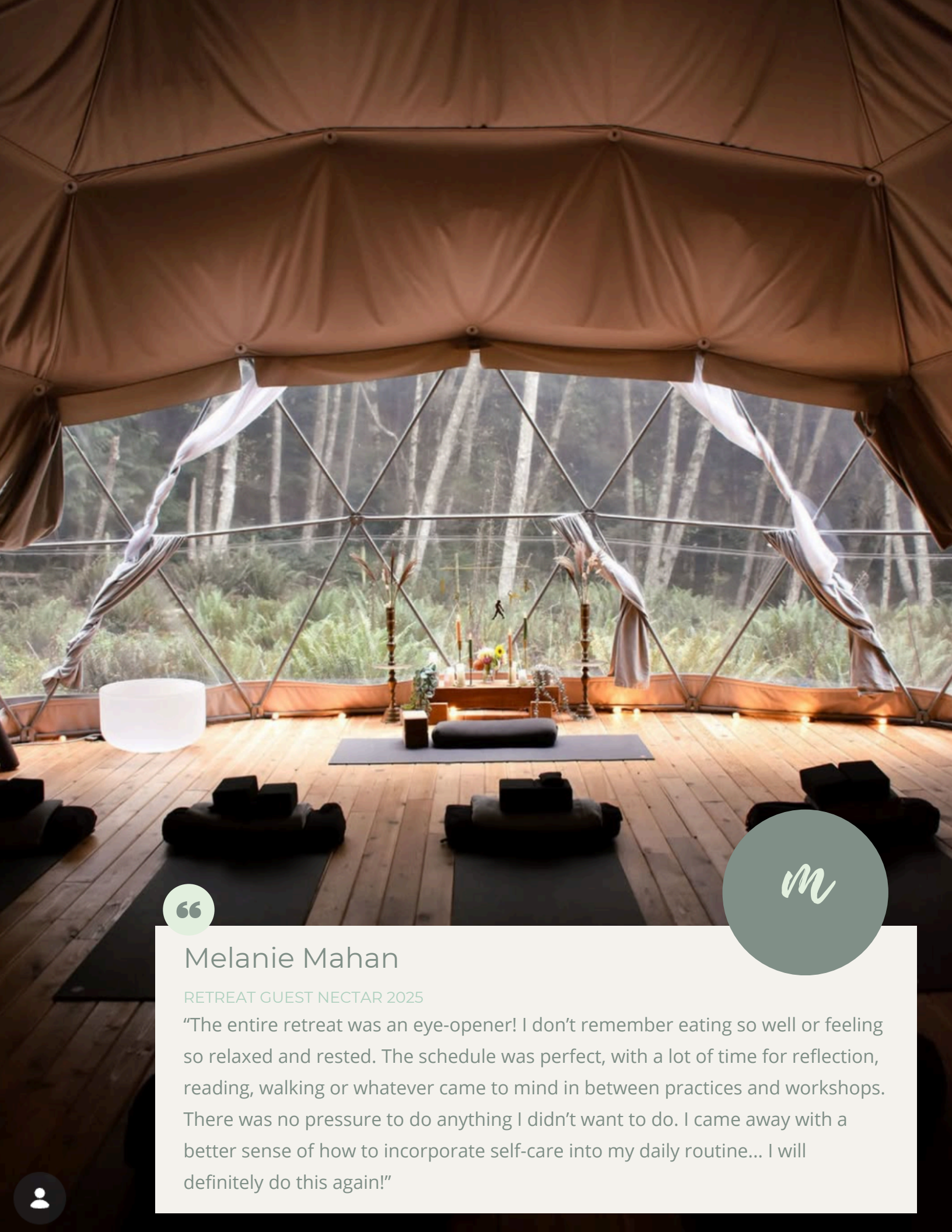
Between sessions, guests can enjoy Nectar's Mist thermal spa, quiet time in nature, and the simple pleasure of gathering in community. Nourishing plant-based meals crafted with locally sourced ingredients bring us together around the table, supporting the body and spirit while creating space for conversation, laughter, and connection.

More than an escape from everyday life, this retreat is an invitation to remember the value of the sacred pause. Held by the beauty of the West Coast and the warmth of community, you are invited to slow down, listen inward, rest deeply, and return home feeling grounded, nourished, and reconnected to what matters most.



DISCOVER MORE ABOUT NECTAR FROM OUR INSTAGRAM VIDEOS - CLICK HERE

Contact Kristyn Rose | kristynroseyoga@gmail.com
or Sarah | hello@sarahhendersonyoga.com



Melanie Mahan

RETREAT GUEST NECTAR 2025

“The entire retreat was an eye-opener! I don’t remember eating so well or feeling so relaxed and rested. The schedule was perfect, with a lot of time for reflection, reading, walking or whatever came to mind in between practices and workshops. There was no pressure to do anything I didn’t want to do. I came away with a better sense of how to incorporate self-care into my daily routine… I will definitely do this again!”



















KRISTYN ROSE FOSTER

800+ HR CYT | REIKI MASTER

YOGA NIDRA, YIN & RESTORATIVE YOGA EDUCATOR

Kristyn Rose Foster is a dedicated Yoga and Yoga Nidra guide and educator, and Reiki Master who has been teaching and sharing the practices of Yoga for over 11 years. Her deep and intentional work is rooted in exploring the inner dimensions of Yoga, with a particular devotion to Yoga Nidra, Yin Yoga, meditation, Yogic philosophy, Bhakti, and the art of sacred ritual.

At the heart of Kristyn's teaching is a reverence for stillness and deep rest, as a devotional way of returning to ourselves and meeting life wholeheartedly. Drawing from Yoga, Buddhism, contemplative traditions, and nervous system education, she creates nurturing spaces to slow down, turn inward, and cultivate greater safety, connection, peace, and ease. Her work bridges ancient wisdom with tangible modern day practices and tools for meeting the intensity and demands of modern life.

Kristyn leads immersive retreats, workshops, and teacher trainings throughout Canada and Costa Rica, weaving together deep rest, self-inquiry, ritual, nature, and nourishing community. Her intention is not only to create space to pause and restore, but to offer meaningful practices, knowledge, and resources that can become part of the rhythms of everyday life.

In a world that continually pulls our attention outward and asks us to move faster, Kristyn believes there is profound medicine in remembering how to slow down, become still, and just be. Her work is an invitation to create rituals of return, practices that bring us home to ourselves, reconnect us with what matters, and help us meet life with greater presence, compassion, and steadiness.



SARAH HENDERSON

600+ HOURS RYT | SOUND PRACTITIONER

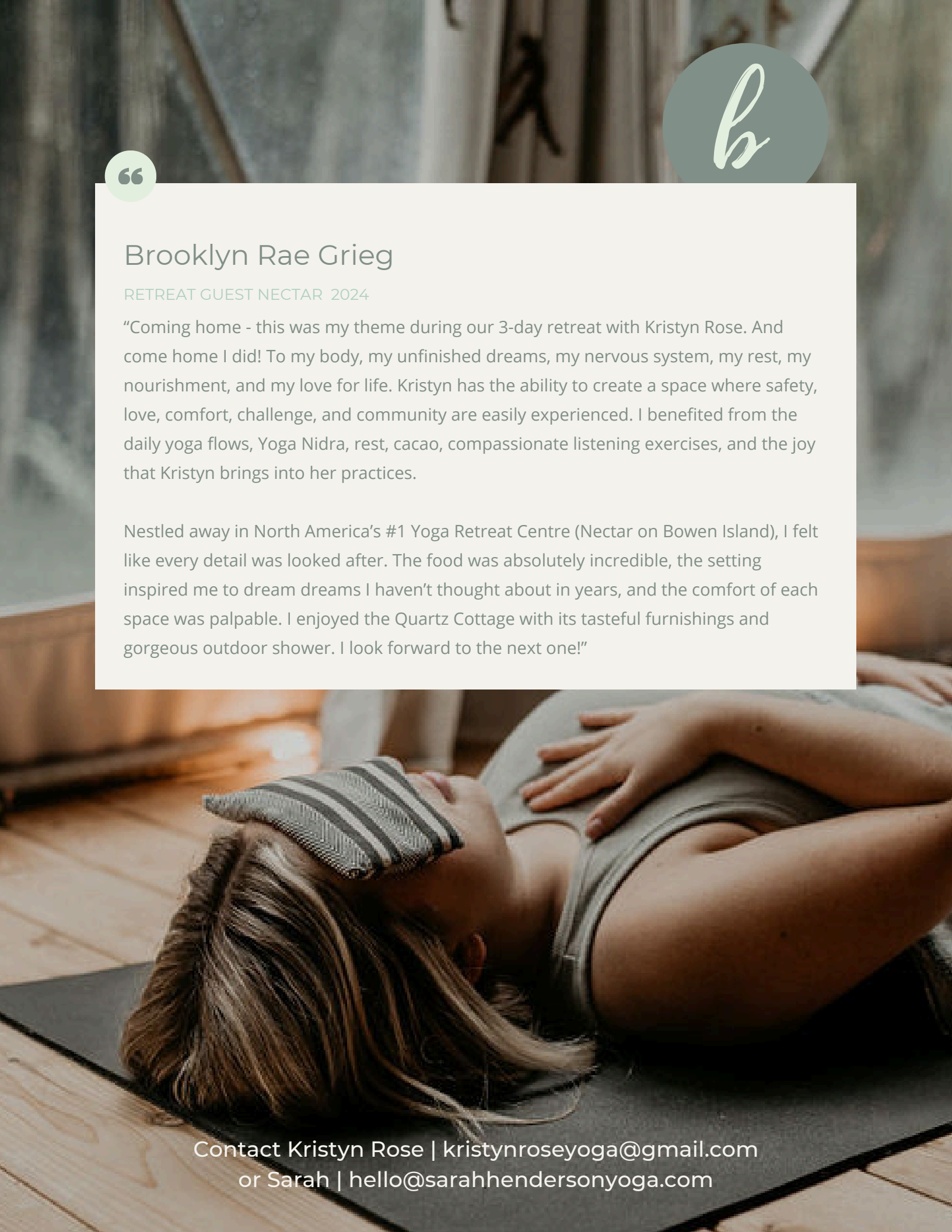
YIN + RESTORATIVE YOGA, SLOW FLOW & SOUND MEDITATIONS

Sarah Henderson is a 600-hour trained yoga & sound meditation teacher specializing in Yin, Restorative, and Slow Flow yoga practices woven with sound. She has been guiding students through these practices for 13 years, and believes in the restorative power of slowing down and attuning to our senses and to the gentle vibrations of sound in our environment. Her offerings create space for stillness, breathing with awareness and intention, and listening inward to help us tap into our intuitive wisdom and inner guide.

Through her own daily Sadhana, Sarah understands the power of slowing down everyday, giving pause to breathe deeply, open and clear her mind, and check in with her heart and the Self within. These contemplative practices have truly been such a positive influence in her own life, and she cultivates spaciousness for her students to connect to and hear that place within themselves.

Sarah enjoys spending time grounded in nature, and feeling connected to our beautiful planet Earth. She lives deeply connected to nature's rhythms and teachings and weaves those teachings into her offerings. She believes our environment can deeply enhance our lived experience and nervous system state, and through her nature-immersive offerings provides opportunities to sink into deep rest and introspection.

With gratitude, Sarah leads transformative, cultural and nature-immersive retreats on Vancouver Island and around the world. Her retreats weave inner and outer exploration, practices of yoga, self-inquiry and sound, play, rest and personal growth. She will always be an enthusiastic student and explorer of our world ♡



Brooklyn Rae Grieg

RETREAT GUEST NECTAR 2024

“Coming home - this was my theme during our 3-day retreat with Kristyn Rose. And come home I did! To my body, my unfinished dreams, my nervous system, my rest, my nourishment, and my love for life. Kristyn has the ability to create a space where safety, love, comfort, challenge, and community are easily experienced. I benefited from the daily yoga flows, Yoga Nidra, rest, cacao, compassionate listening exercises, and the joy that Kristyn brings into her practices.

Nestled away in North America’s #1 Yoga Retreat Centre (Nectar on Bowen Island), I felt like every detail was looked after. The food was absolutely incredible, the setting inspired me to dream dreams I haven’t thought about in years, and the comfort of each space was palpable. I enjoyed the Quartz Cottage with its tasteful furnishings and gorgeous outdoor shower. I look forward to the next one!”

Contact Kristyn Rose | kristynroseyoga@gmail.com
or Sarah | hello@sarahhendersonyoga.com









MEALS & NOURISHMENT

Nectar believes that nourishing the body is as essential as nurturing the soul. Our food philosophy emphasizes providing wholesome, plant-based meals that are not only delicious but also thoughtfully sourced and prepared with care.

During your retreat, you'll experience the joy of communal dining where each meal is designed to nourish and satisfy. The kitchen features locally sourced, organic ingredients whenever possible, celebrating the freshest flavors of the season. Nectar partners with local farms to source fresh vegetables, herbs, and ingredients, ensuring each meal is vibrant, healthful, and full of flavour.

Sustainability is a core value at Nectar, with a commitment to mindful practices that respect the environment, including composting to reduce waste and using only septic-safe products to protect the surrounding forest ecosystem.

Your culinary journey at Nectar will include a welcoming dinner on your arrival day, brunch and dinner on mid-retreat days, and a hearty mid-morning brunch on your departure day. Each meal is carefully balanced to provide the right amount of protein, ensuring you feel energized and deeply satisfied throughout your retreat. Snacks and tea provided throughout the day.

Look forward to special outdoor meals, prepared al fresco, allowing you to enjoy the peaceful surroundings and fresh forest air while dining. This unique experience is a cherished tradition at Nectar, offering a deeper connection to nature and community.

At Nectar, every meal is a mindful experience, an opportunity to connect - with yourself, with others, and with the earth. We invite you to savor this joyful, holistic approach to eating as part of your journey toward wellness and inner harmony.

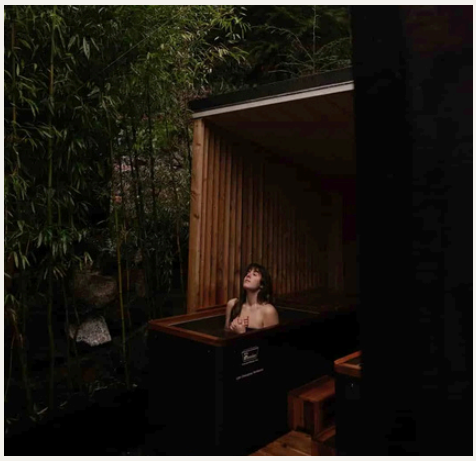
MIST THERMAL SANCTUARY



As part of your retreat journey, you're invited to deepen your rest and renewal with an optional visit to Mist Thermal Sanctuary, a brand-new forest spa nestled right beside Nectar on Bowen Island. Imagine stepping into your own private sanctuary in the woods, where you move at your own pace through an invigorating outdoor shower, a cozy wood-fire sauna, a refreshing cold plunge, a soothing soak, and quiet rest beside a fire-lit lounge.



This ancient ritual of alternating heat and cold, known as contrast therapy, has been practiced for centuries to restore balance in the body, calm the mind, and awaken the spirit. The warmth of the sauna helps muscles release, circulation improve, and tension melt away. The coolness of the plunge revitalizes your energy, sharpens mental clarity, and strengthens your resilience. Together, the cycle offers a profound reset for the nervous system, leaving you both deeply relaxed and vibrantly alive.



Many guests find that this elemental rhythm of heat, coolness, and stillness beautifully complements their retreat experience - offering space to integrate the teachings, deepen presence, and feel more grounded in the embrace of nature. You may emerge feeling radiant, balanced, and at ease, carrying a renewed vitality into the rest of your journey.



The Mist spa experience is an optional add-on, booked separately through their online system. If you feel called, you can reserve a private 90- or 120-minute circuit (solo or with up to three companions) directly through Mist's website (see link below).

Learn more here: The Mist Experience

DAILY FLOW

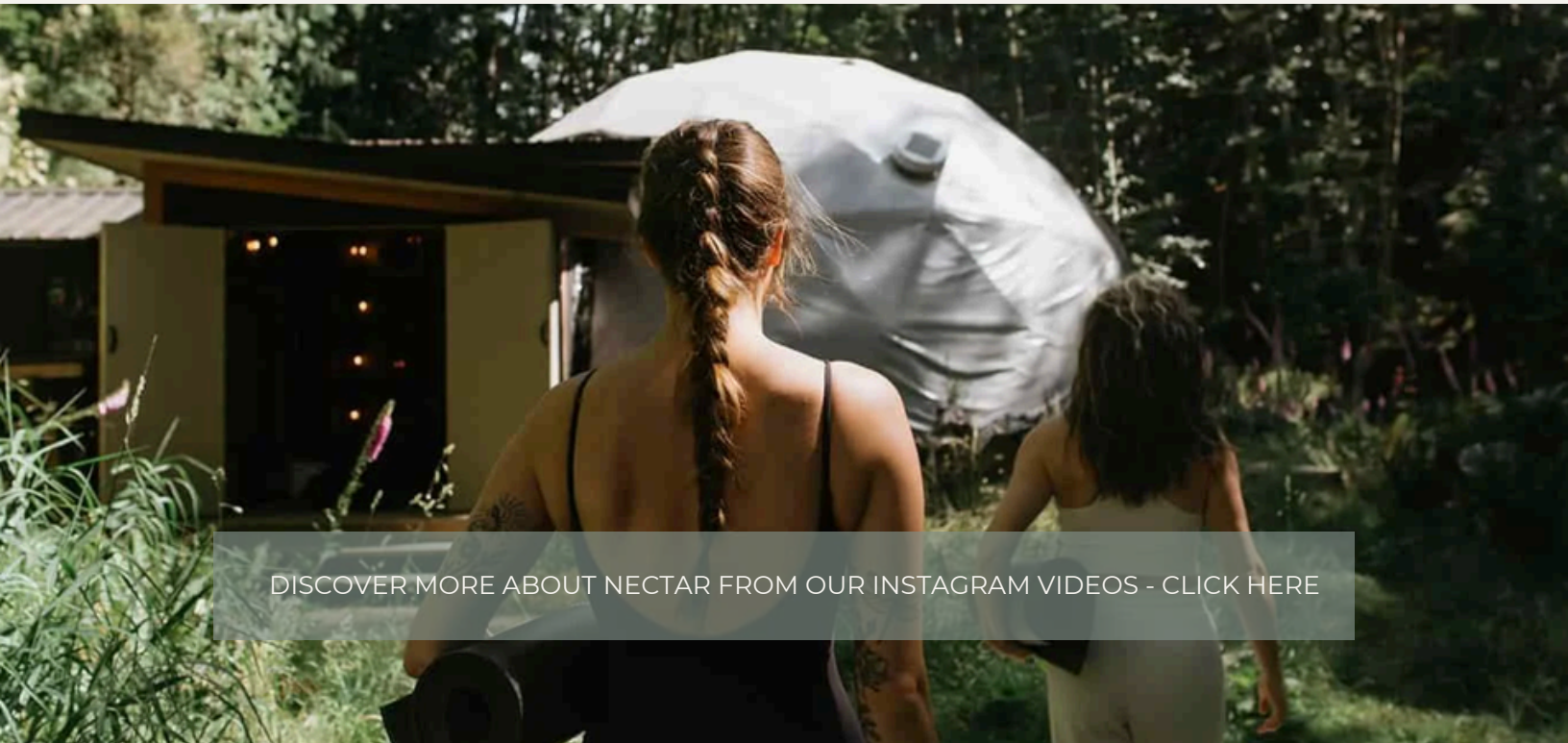
SAMPLE DAILY SCHEDULE

Check-in Day:
3:00pm Arrival & Landing
5:30pm Community Dinner
8:00pm Grounding Bedtime Practice

In Between Days:
6:00am Self-Serve Morning Snacks
8:00am Morning Yoga Practice
10:00pm Brunch
Free time, spa, & nature connection
3pm Workshop or special offering
5:30pm Dinner
8:00pm Restorative Bedtime Practice

Check-out Day:
6:00am Self-Serve Morning Snacks
8:00am Morning Yoga Practice
10:00am Brunch (coffee, tea, plated main)
11:00am Departure

*Subject to change. Everything is optional.














Sunstone A-frame





FAQS

What is included in the Retreat?

- 3 Daily Sadhanas: Gentle Flow Yoga, Restorative and Yin Yoga, Yoga Nidra, Pranayama, Sound Meditation, Mantra and Meditation, and Restorative Reiki
- Lake Swimming Experience: Rejuvenate in the neighbouring lake or or even take a trip to have refreshing dip in the ocean
- Inspired Workshops & Experiences: Deepen your practice with themed workshops, including Inner Refuge/Sankalpa inquiries, Ayurvedic practices, bedtime relaxations, and more
- Ample Time to Connect with Nature: Enjoy spacious time to relax, explore the forest trails, or simply soak in the natural beauty around you
- 5 days & 4 nights stay at Nectar Retreat Centre (Private or Shared Accommodations)
- Brunch & Dinner - Delicious and nourishing meals each day made with locally sourced whole foods. Snacks & tea offered throughout the day.

RETREAT INVESTMENT DOES NOT INCLUDE:

- Possible airfare, ferries & travel to and from Bowen Island, British Columbia, Canada
- Optional Massage, Spa & Reiki Treatments (on or off-site)
- Optional Mist Thermal Sanctuary
- Suggested Cash Gratuity of 100$ cash for Nectar Staff

Are there private accommodations?

YES! However, they have shared bathrooms. There are double occupancy rooms that have a private bathroom option. There are limited private rooms that book up very quickly so if you are interested please contact us as soon as possible and let us know that you are interested in a private room.



Contact Kristyn Rose | kristynroseyoga@gmail.com
or Sarah | hello@sarahhendersonyoga.com

FAQS

I'd like to share a room with my friend/sister/mom/partner, etc. Can we share a double room? YES! We actually prefer that people share a room with someone they know whenever possible and we have so many people who come on trips like this together. Please let us know if you are planning to share a room with a loved one.

How many people will be on the retreat?
This is a very intimate retreat with room for only 15 guests (including hosts), ensuring a close, connected experience for all.

What If I have special dietary requirements?
Fresh, wholesome meals utilizing local and organic fare are included with lodging. Any dietary requirements must be communicated to Kristyn, Sarah and Nectar staff in advance.

What if I want to stay in BC longer than the retreat?
If you decide to spend extra days around British Colombia, Canada please contact us for suggestions in the local area.

What is the local currency?
The local currency is Canadian Dollars.

Do you offer ride share options?
Yes! We highly encourage ride sharing. If you'd like to coordinate with other guests, please reach out to us by email and we'll add you to our ride share list.



MORE **FAQS**

Do I need to book the ferry in advance?

No booking is required. Simply arrive at the Horseshoe Bay terminal, get in line, and you'll be on your way. The sailing is quick - just 20 minutes! We'll also provide a link to the ferry schedule for easy planning.

Can I bring my pet?

We love animals, but unfortunately, pets are not permitted at the retreat.

Are there additional services I can book?

Yes. Optional add-on services (such as spa or private healing sessions) can be booked online with a credit card. We encourage bringing cash if you'd like to leave gratuities for your practitioners at the end of the retreat.

What amenities are included in my room?

Each bathroom includes:

- Natural soap, shampoo, and conditioner
- Septic-safe toilet paper
- Filtered drinking water from the tap
- Hair elastics & bandaids
- Hair dryer

Each room includes:

- Two towels per guest (please refrain from taking them off-site)
- Full bedding (duvets & down-filled pillows)
- Bedside lighting
- Clothes storage
- Slippers & umbrellas

Is there Wi-Fi?

Deluxe Cottages include in-room Wi-Fi. A-Frame cottages do not have Wi-Fi, but guests are welcome to use the reliable connection in the Onyx Lodge if needed.

If you have further questions, please contact
Kristyn Rose at kristynroseyoga@gmail.com or Sarah at hello@sarahhendersonyoga.com

TRAVELLING & TRANSPORTATION

LOGISTICS

Nectar Yoga Retreat Centre is located on Bowen Island, British Columbia. There are multiple ways to get there from Vancouver:

BY CAR

From Vancouver, drive to Horseshoe Bay, where you'll catch the BC Ferries to Bowen Island. Once on the island, drive along Bowen Island Trunk Road for approximately 7 minutes, then turn right onto Gardner Lane and follow the signs to Nectar Yoga Retreat Centre. You'll enjoy scenic forest views on your way to our peaceful retreat setting.

BY FERRY

BC Ferries' Queen of Capilano ferry departs frequently from Horseshoe Bay, with a 20-minute scenic crossing to Snug Cove on Bowen Island. The ferry operates from early morning to late evening, and tickets are for round trips, so you only pay on your way over. Foot passengers can also consider the Cormorant Marine Water Taxi for a later return option if needed. By car, you cannot book a reservation for the ferry - just arrive and wait in line the designated line.

BY AIR

International guests may fly into Vancouver International Airport (YVR). From the airport, take the SkyTrain Canada Line to City Centre and then transfer to the 257 Express Bus to Horseshoe Bay for the ferry.

BY PUBLIC TRANSPORTATION

From Vancouver, take the 257 Express Bus or Blue Bus 250 from downtown Vancouver to Horseshoe Bay. Once on Bowen Island, public transportation is available with the 280 (Snug Cove to Bluewater) bus, which will take you close to Nectar Yoga Retreat Centre. Let the driver know you are headed to 720 Gardner Lane.

BY UBER OR TAXI

Taxis or Uber are available and cost-effective only from Vancouver to Horseshoe Bay. Car rentals are also available. Please note that there are no taxis or Uber available on Bowen Island. We invite guests to ride share or take public transit (bus) for the short ten-minute ride to Nectar.





Alison F.

RETREAT GUEST 2024

”Sarah's restorative yoga classes are absolutely fantastic! Her soothing approach and expert guidance create a truly relaxing experience. I've been fortunate enough to join one of Sarah's retreats on Vancouver Island, and it was nothing short of amazing. Her organizational skills made the trip flawless. Not only is Sarah an exceptional yoga instructor, but she's also genuinely the most kind-hearted person.”

Tana Gilberstad

NECTAR RETREAT GUEST 2024

“From the moment I booked Nectar, Kristyn’s warmth and welcoming presence made me feel at home. She holds a powerful space of compassion, community, and connection, which left me feeling inspired and deeply transformed. Through her guidance, I reconnected with my inner self on a profound level and formed some of the most meaningful friendships and joyful memories of my life. Her teachings in nature, yoga, and yoga Nidra brought not only a deeper practice but also profound rest and healing into my life. This retreat was a treasured gift to myself, and I wholeheartedly recommend it to anyone seeking peace, clarity, and self-reconnection.”

PREPARING TO RETREAT YOURSELF

WHAT TO BRING

We encourage you to pack light and bring only what you need for a comfortable, restorative stay.

- Comfortable yoga clothing for daily practice
- Warm layers for cool evenings (sweaters, fleece, or thermals)
- Layered clothing for variable weather, plus a waterproof jacket
- Slippers for indoor spaces (no-shoe policy inside)
- Comfortable walking/hiking shoes for trails
- Swimsuit for optional swims or Mist thermal experience
- Extra warm socks for the yoga dome
- Hat and sunglasses for sun protection
- Personal toiletries (toothbrush, toothpaste, etc.). Please use Nectar's septic-safe soap, shampoo, and conditioner provided on-site.
- Personal medications and supplements
- Eco-friendly sunscreen and natural insect repellent
- Reusable water bottle (filtered aquifer water available from all taps)
- Journal and pen for reflections
- Books or e-reader for leisure (optional: contribute to the retreat's book exchange)
- Flashlight for evening walks
- Beach towel (for off-site swimming - Nectar towels must stay on property)
- Yoga mat and props if you prefer your own (sanitized mats and props are provided)
- Eye pillow or covering for Yoga Nidra
- Travel-size first aid kit
- Snacks or special dietary items (if not covered by retreat meals)
- Wi-Fi is available in the Onyx Lodge if needed, though we encourage disconnecting to immerse fully in nature.



PREPARING TO RETREAT YOURSELF

WHAT NOT TO BRING

To help you travel light and honour Nectar's eco-friendly environment, here are a few things best left at home:

- Expensive electronics or devices such as laptops, iPads, or large cameras — this is your chance to disconnect.
- Too much stuff: Guests often overpack! Bring only what you truly need to feel comfortable.
- Yoga mats and props: All are provided and sanitized (though you may bring your own if you prefer).
- Soap, shampoo, and conditioner (septic-safe toiletries are provided in every room).
- Tampons: These are not flushable. Please use the bins provided in bathrooms if needed.
- Outdoor shoes for indoor spaces. Nectar has a no-shoes policy indoors, including in rooms, the Dome, and the Onyx Lodge.



Contact Kristyn Rose | kristynroseyoga@gmail.com
or Sarah | hello@sarahhendersonyoga.com

PREPARING TO RETREAT YOURSELF

FAQS

What is the weather generally like?

July on Bowen Island, British Columbia, typically brings warm, sunny summer days and cooler evenings, creating beautiful conditions for outdoor practice, forest walks, swimming, and time in nature. While July is generally one of the drier months on the West Coast, we are surrounded by coastal rainforest, so we always recommend coming prepared for a little rain and changing temperatures.

- Average daily temperature: High 21–22°C, Low 14°C
- Sunshine: Approximately 9–10 hours per day

With pleasant temperatures and abundant sunshine, July is the perfect time to enjoy Bowen Island's natural beauty and all the offerings of Nectar Yoga Retreat Centre.

Should I bring my phone?

It's a personal choice. For messaging people back at home, phones and iPads are great. They're also great for taking pictures of your trip. We do encourage this retreat as an opportunity for 'digital detox' - disconnect in an effort to reconnect to Self.



ACCOMMODATION OPTIONS

PRIVATE & SHARED OPTIONS

Moonstone Cottage

Private Bathroom - Twin Beds

Double Occupancy 2850 + GST per person



Deluxe Cottage

Private Bathroom - Twin Beds

Double Occupancy 2850 + GST per person



A-Frame Cottage

Shared Detached Bathroom - Double Bed

Single Occupancy 2750 + GST



Onyx Lodge Single Bedroom

Shared Bathroom - Double Bed

Single Occupancy 2750 + GST



Onyx Lodge Double Bedroom

Private Bathroom - Twin Beds

Double Occupancy 2750 + GST per person





Note: Private Bathroom options always get booked up quickly so please contact Kristyn or Sarah as soon as possible if you are interested in a room with a Private Bath.

IT'S TIME TO REST & RESTORE

We hope that you take us up on this invitation to join us on the beautiful west coast of British Columbia. We cannot wait to join together with like-minded and conscious beings of all ages. We are both overjoyed at the opportunity to be offering this immersive 5-day retreat held in the sacred heart of Bowen Island at Nectar.

If you have any logistical questions or are ready to reserve your spot, please contact one of us by email. We are so excited to welcome you to Bowen Island!

Logistics and registrations:
kristynroseyoga@gmail.com and hello@sarahhendersonyoga.com

Terms & Conditions

- **A non-refundable deposit of $750.00 CAD is required at time of booking.**
- **Final payment due by April 5th 2027, and is 100% non-refundable from final payment date to departure date.**
- **Payment plans can be made available upon request.**
- **Airfare, ferry & other travel costs not included.**



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