

SERENITY SANCTUARY

A YOGA & YOGA NIDRA RETREAT

BOWEN ISLAND, BC
JULY 3 TO 5TH, 2024

Pauline Holden Photography, Nectar Yoga Ltd.



*A warm and
heartfelt welcome.*

Join Kristyn Rose for a soul-nourishing Yoga & Yoga Nidra Wellness Retreat, taking place this summer in July 2024 at the serene Nectar Yoga Retreat Centre on enchanting Bowen Island, BC, Canada.



an intimate 3 day yoga immersion

RETREAT. AWAKEN. EMPOWER. TRANSFORM.

Bowen Island emerges as a sanctuary of unmatched natural beauty, captivating all who wander its shores. Nectar Retreat Center, nestled amidst the tranquility of western British Columbia, offers a haven for those seeking solace and renewal. Enveloped by 20 acres of pristine forested land, this sacred space rests upon the ancestral and unceded territory of Nexwléxwm, where ancient whispers linger in the breeze. As the lush coastal rainforests intertwine with the untamed Pacific Ocean, a symphony of serenity unfolds. Whether you're seeking solace, clarity, or simply a moment of respite from the demands of daily life, indulge yourself in this sacred sanctuary where you can fully embrace the present moment and reconnect with your innermost being.





Here, amidst the verdant tapestry of nature, one finds themselves effortlessly harmonized with the rhythms of the Earth. Let the July sun illuminate your path as you embark on a journey of inner exploration and rejuvenation amidst the unmatched beauty of the *Serenity Sanctuary Yoga & Yoga Nidra Retreat* on Bowen Island.

beautiful british columbia

ENRICH YOUR LIFE

As Nectar is nestled amidst this breathtaking backdrop, your immersive retreat unfolds like a symphony of serenity and self-discovery.

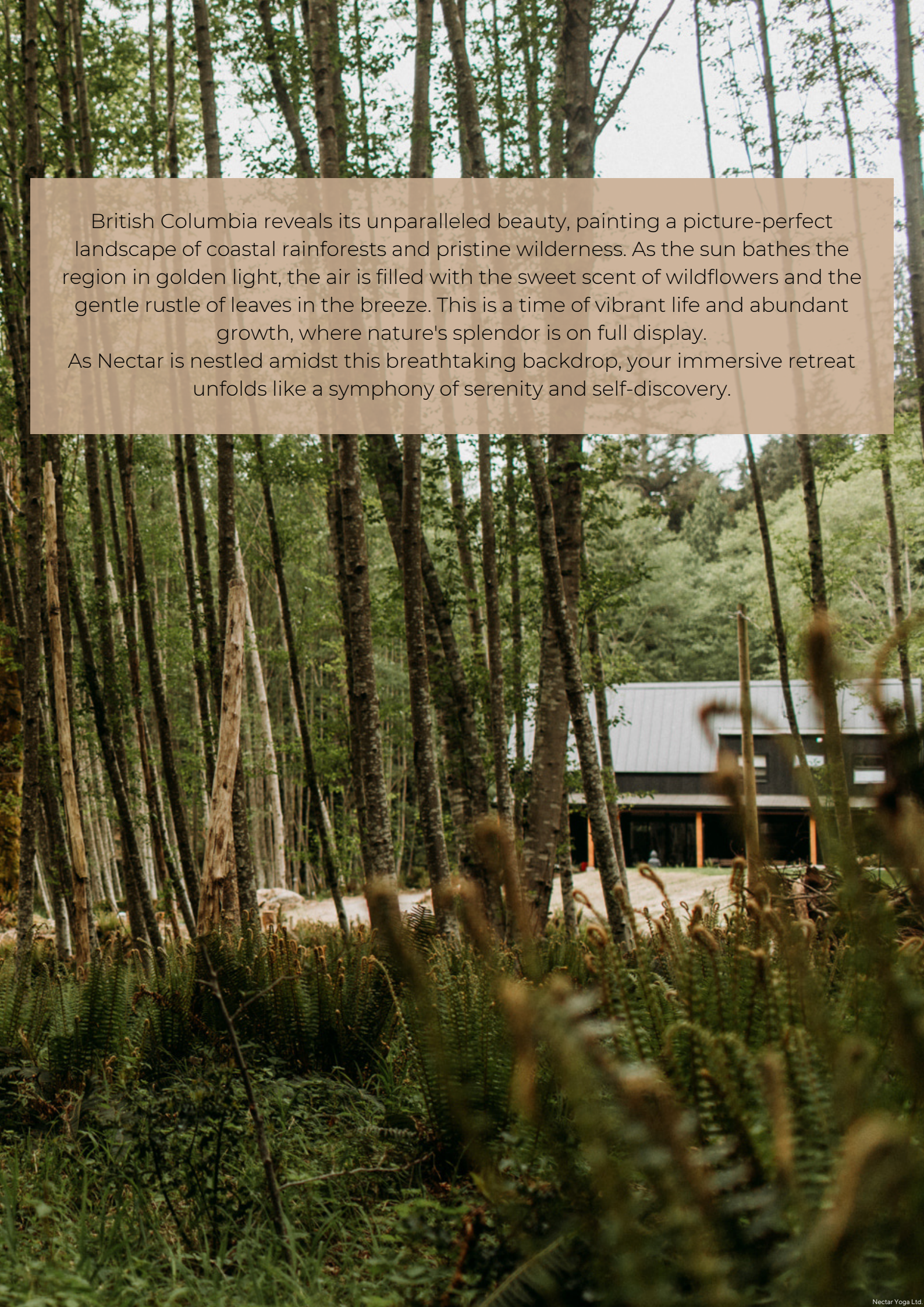
Just imagine...

Picture yourself awakening to the soothing melody of birdsong, greeted by the inviting aroma of freshly brewed coffee and tea. Take a mindful stroll along lush forest trail and allow the earth to cradle your bare feet as you make your way to the yoga dome for morning practice.

After nourishing your body with a wholesome breakfast, indulge in moments of quiet reflection, whether it's losing yourself in the pages of a book, finding stillness in meditation, or simply soaking in the healing energy of the natural world. Then immerse yourself in a kaleidoscope of transformative experiences, from sharing circles and authentic relating, to the harmonious vibrations of a sound bath to the expressive liberation of meditation and art therapy workshops.

Delve deeper into self-exploration through heart-centered practices, including Yoga Nidra and cacao ceremony. Complete your day with restorative yoga and meditation, allowing your body to surrender to relaxation as the setting sun casts a warm glow over the landscape. As twilight descends, bask in the glow of inner radiance and newfound clarity, feeling replenished, awakened, and nourished to the depths of your soul.



A photograph of a lush forest with tall, thin trees and dense green undergrowth. In the background, a modern building with a white roof and dark walls is partially visible through the trees. The scene is bathed in soft, natural light.

British Columbia reveals its unparalleled beauty, painting a picture-perfect landscape of coastal rainforests and pristine wilderness. As the sun bathes the region in golden light, the air is filled with the sweet scent of wildflowers and the gentle rustle of leaves in the breeze. This is a time of vibrant life and abundant growth, where nature's splendor is on full display. As Nectar is nestled amidst this breathtaking backdrop, your immersive retreat unfolds like a symphony of serenity and self-discovery.

daily offerings

AWAKEN YOUR TRUE NATURE

Embark on a soulful journey at *Serenity Sanctuary*, where each day is a sacred invitation to delve deep into the wellspring of your inner wisdom and Divine purpose. Connect with your authentic Self through immersive practices such as mindfulness meditation and Yoga Nidra, allowing the gentle whispers of your soul to guide you towards profound self-discovery and inner peace. Journey into the depths of your being as you explore the transformative power of breathwork, shedding light on hidden energy blocks and restoring harmony within. Delight in the heart-opening ritual of cacao ceremony, forging soulful connections within this retreat community and beyond.

Serenity Sanctuary provides a nurturing and supportive space for you to journey into the essence of your being, revealing the radiant brilliance of your true Self and empowering you to step boldly into your higher purpose. Join us on this transformative voyage of self-discovery, community connection, and soulful exploration.





Nectar Yoga Ltd.



Robin Bonner Photography,
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Abby Dell Photography,
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Ella Rogers Photography,
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Embark on a transformative journey at the *Serenity Sanctuary Retreat*, where guests can expect a rich variety of holistic offerings including Yoga Nidra, Reiki, meditation, breathwork, cacao ceremonies, Hatha Yoga, art therapy, and more. From restorative practices to creative exploration, each experience is crafted to nourish the mind, body, and spirit, leaving you feeling replenished, inspired, and deeply connected.



accommodations

UNWIND & RELAX

Step into a haven of tranquility and comfort with our thoughtfully crafted accommodations, offering both private and shared options to suit your preferences. Inspired by the healing energies of crystals, each cottage is named after and imbued with the properties of a specific gemstone, ensuring a space of warmth and nurturing for complete relaxation. Whether you opt for a private sanctuary or a shared haven, every room is meticulously designed to envelop you in a sense of safety and serenity from the moment you arrive. Infused with the vibrational essence of its namesake stone and adorned with color accents to promote support, grounding, and connection to the natural world, our accommodations provide the perfect backdrop for your transformative retreat experience.

Abby Dell Photography.



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accommodations

PRIVATE & SHARED OPTIONS

Deluxe Cottages x3: Amethyst, Jade, and Quartz

Sleeps 2 guests, optional 1 bed loft
2 XL twin beds or 1 king
Shared en-suite bathroom
\$899/person

Deluxe Cottages x3: Loft

Sleeps 1 guest
1 double bed
Shared en-suite bathroom
\$629/person

A-Frame Cottages x3: Sunstone, Jasper, and Opal

Sleeps 1 guest
1 double bed
Shared detached bathroom
\$799/person

Moonstone Forest Cottage x1

Sleeps 2 guests
2 twin or 1 king bed
Shared en-suite bathroom
\$899/person

*Prices listed + 5% GST

Onyx Lodge Room #1: Turquoise

1 double bed
Shared detached bathroom
\$729/person

Onyx Lodge Room #2: Emerald

Sleeps 1-2 guests
2 twin or 1 king bed
Shared en-suite bathroom
\$729/person



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Nectar Yoga Ltd.

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meals & local cuisine

NOURISH YOUR BODY & MIND

Indulge in a culinary journey that complements your wellness experience during our retreat. Delight in a selection of delectable, plant-based meals crafted with care and creativity by our esteemed caterers. Served in the warm ambiance of our Onyx Lodge at a communal long table, every dining experience becomes a celebration of nourishment and connection. Our menus evolve with the seasons, ensuring that each dish is bursting with fresh, vibrant flavors sourced from the bounty of the land. As a commitment to sustainability and compassionate living, Nectar Yoga's kitchen is a strictly meat and fish-free environment. Prior to your arrival, kindly inform us of any dietary restrictions or preferences so that we may tailor your culinary experience to perfection.

packing for your retreat

What to bring:

- Yoga mat/accessories for your practice (i.e. props) if you prefer to use your own. We also have sanitized mats and props available to use.
- Pack light/a small bag
- Warm clothing and socks for the yoga dome
- Natural mosquito repellent
- Sunscreen
- Sunglasses
- Swim suit
- Beach towel (Nectar does not provide towels for off-site use)
- Walking shoes
- Flashlight
- Books (we have a book exchange, take a book/leave a book) should they want to leave a book behind for another guest to use
- Water bottle (we have an aquifer and a filtration system on all taps)
- Waterproof outdoor gear (all rooms have umbrellas as well)

What not to bring:

- Soap/shampoo/conditioner (unless you use a specific kind). Our premises require toiletries that are septic safe.
- Tampons (they are not flushable and must be put in the bins next to the toilets if you use them)

NOTE: Shoes are not permitted indoors, please ensure you remove your shoes in rooms, the Dome and in the Onyx Lodge. You might bring indoor socks or slippers for comfort.

NOTE: All cottages are equipped with bedding, towels and natural toiletries. While the Deluxe Cottages have in-room Wi-Fi, the A-Frames do not. Should you be staying in an A-Frame and require Wi-Fi, Onyx Lodge has a strong connection. If possible, we recommend using this opportunity to disconnect during your stay.

How many people will attend the retreat?

This is a very intimate retreat with room for up to 17 people.

What's the weather like in July?

Average high of 21°C/low of 11°C
Average daylight 15 hours 46 mins



FAQs

What is included/not included in the retreat investment?

What's included:

- 3 daily Sadhanas - gentle Hatha yoga, Restorative & Yin Yoga, Yoga Nidra & meditation, Pranayama
- 2 night stay at Nectar Retreat Centre (private or shared accommodation)
- Cacao ceremony and breathwork
- Reiki and energetic assists
- Breakfast, lunch and dinner (local, organic and vegetarian)
- Quiet time to enjoy your own company, read, meditate, journal or reflect, enjoy the nature trails or the forest tub

Investment does not include:

- Transport to and from Bowen Island
- Shuttle, taxi or plane to and from Vancouver airport
- Optional massage or other therapeutic private sessions
- Additional beverages like wine or cocktails

Are there private accommodations?

YES! The private rooms usually book up quickly so if you are interested please reach out and connect as soon as possible and let Kristyn Rose know that you are interested in a private room.

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.

TRAVELLING & TRANSPORTATION

HOW TO GET TO BOWEN ISLAND

Getting to Horseshoe Bay

- Public transportation: The West Vancouver Blue Bus numbers 250, 257, 257 Express and 259 leave from Downtown Vancouver and West Vancouver at regular intervals to Horseshoe Bay. If you're coming from the Vancouver airport, you'll need to take the SkyTrain Canada Line to City Centre before hopping on the 257 Express to Horseshoe Bay.
- Car: Follow Highway 1 West (Trans-Canada Highway). You can drive your car onto the ferry or park in the secure parking garage at Horseshoe Bay and walk on the ferry. We recommend bringing a car.

Crossing the Ocean

- The Queen of Capilano ferry leaves Horseshoe Bay between 5:50 am and 10:00 pm. The crossing time is 20 minutes.
- If you're travelling by BC Ferries, your ticket is a return trip. When you head back to real life, just line up for the ferry and drive or walk on the ferry when the light turns green.
- Missed the last ferry off the island? Take a deep breath. Cormorant Marine Water Taxis run a late night, regularly scheduled service to and from Horseshoe Bay. This is foot passenger service only.

Getting to Nectar

- Car: Once off the ferry, drive up Bowen Island Truck Road, which changes name to Grafton Road, for about 7 minutes. Once you reach Gardner Lane, turn right and follow the signs to Nectar.
- Public transportation: When you arrive on Bowen Island, find the Bus Stop close to the Red Library. You will get on the 280 (Snug Cove to Bluewater) bus. Tell the driver you are getting off at 720 Gardner Lane. You can pay for your fare with a Compass Card, credit card or cash. Any transfer you receive from the Vancouver buses will work on Bowen Island with no extra charge.

We're so excited to see you.

As we eagerly anticipate welcoming you to our sanctuary on Bowen Island, we invite you to embark on a transformative journey with us.

If you have any lingering questions about the retreat or simply wish to connect more deeply with our offerings, we warmly encourage you to [book a live call with Kristyn Rose](#). She is here to provide personalized guidance and address any inquiries you may have, ensuring your experience with us exceeds expectations.

With limited spots available, we encourage you to secure your place in this transformative experience today.

Reach out to kristynroseyoga@gmail.com to reserve your spot or book a call and take the first step towards rejuvenation and self-discovery amidst the natural splendor of Bowen Island. We can't wait to host you at the *Cocoon* retreat, where healing and transformation await.

[Click here to book a live call with Kristyn Rose today](#)

