

New Beginnings

This year marks the 10th anniversary of our annual Winter Retreat. We have tried to “spread light” and “break barriers”. We saw “unity in diversity” and fought “internal and external wars.” Last year, the sky was the limit. Building from the experiences of the past ten Retreats, let us now allow a New Beginning to take root deep within our consciousness.

Let us pay attention to the world we live in: the pollution of our air, water and soil, the pollution of our food supply through chemicals and genetically modified crops, pollutions due to excessive noise, hazardous wastes, radiation, chemicals and toxins. Our actions are endangering the environment, and in turn, the environment is endangering our health and our lives.

Let us begin to undo this pollution by first cleansing our bodies, minds, and souls. Let us learn to stretch our bodies and meditate. Let us dance, sing, and express ourselves through art. Let us seek alternative healing, detoxify and live happier, healthier, and more peaceful lives. These three days will renew and rejuvenate you. Please join us for our Winter Retreat as we celebrate a New Beginning.



Schedule

Friday

4:30:-5:30 p.m.	Registration
5:30-6:30 p.m.	Dinner
7:00-7:30 p.m.	Welcome & Orientation
7:30-8:30 p.m.	Gentle stretching and chanting (Shanti)
9:00-10:00 p.m.	Music/Dance

Saturday

7:00-8:00 a.m.	Yoga (Shanti)
8:00-8:45 a.m.	Breakfast
9:00-10:15 a.m.	Karate Demonstration
10:30-11:45 a.m.	Importance of Nervous System Acupuncture (Michael)
12:00-1:00 p.m.	Lunch
1:00-2:00 p.m.	Free Time
2:00-3:30 p.m.	Meditation: Art and Healing (Lisa)
3:30-4:00 p.m.	Chai Time (Kusum)
4:15-5:15 p.m.	Tai-Chi (Sudesh)
5:30-6:30 p.m.	Dinner
6:30-7:45 p.m.	Free Time
8:00-9:00 p.m.	Better Health Through Reflex- Therapy (Shanti)
9:00-10:00 p.m.	Music, singing, story time, play time

Sunday

7:00-8:00 a.m.	Yoga and Meditation (Shanti)
8:00-8:45 a.m.	Breakfast
8:45-9:30 a.m.	Packing / Retreat Store
9:30-10:30 a.m.	Unlock Your Potential Through Palmistry (Shanti)
10:45-11:30 a.m.	Feedback, Pictures and Good-byes

Facilitators

Dr. Michael Delduca has been practicing Chiropractic healing, a non-drug related form of health care, for the past ten years. He has used Chiropractic techniques to treat lower back pain, headaches, repetitive stress disorders, migraines and many other health conditions. He will be speaking on using acupuncture to boost the functioning of the nervous system.

Sudesh Gupta is a retired science teacher who has been involved with different aspects of spirituality for over 30 years. He has been practicing Tai Chi for the past 15 years. Sudesh will demonstrate the basic moves that comprise the various movements in Tai Chi in an interactive workshop.

Lisa Horlein is a board certified registered art therapist and is licensed in the State of New York as a Creative Arts Therapist. She will be conducting a workshop exploring the integration of meditation and art-making to promote physical and emotional healing and a rediscovery of core essences.

Shanti Parakh is an internationally renowned healer who has been practicing yoga, palmistry, and reflexology for over 30 years. He has authored several books and posters about yoga and reflexology and has demonstrated yoga at conferences in India, Canada and the U.S. He will teach yoga, meditation, and present workshops on reflex-therapy and palmistry.

Directions to Mount Carmel Centre

From Toronto: as you approach Niagara Falls via the QEW, continue past Hwy 420. Exit at McLeod Rd. East and turn left at the 4th light onto Stanley Ave.. Mt. Carmel will be on your right.

From Buffalo: Cross Peace Bridge and take QEW Toronto. Exit at McLeod Rd.. Turn Left at 4th light onto Stanley Ave.. Mt. Carmel will be on your right.

Note: Please bring your musical instruments to share and/or play in the evening.



**For information/registration contact
Shanti Parakh: (905) 374-3067
www.shanti-yoga.ca**

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10th Annual Winter Yoga Retreat



**with Shanti Parakh & Friends
March 16th-18th, 2007**

**Mount Carmel Centre
7021 Stanley Avenue
Niagara Falls, ON L2G 7B7**