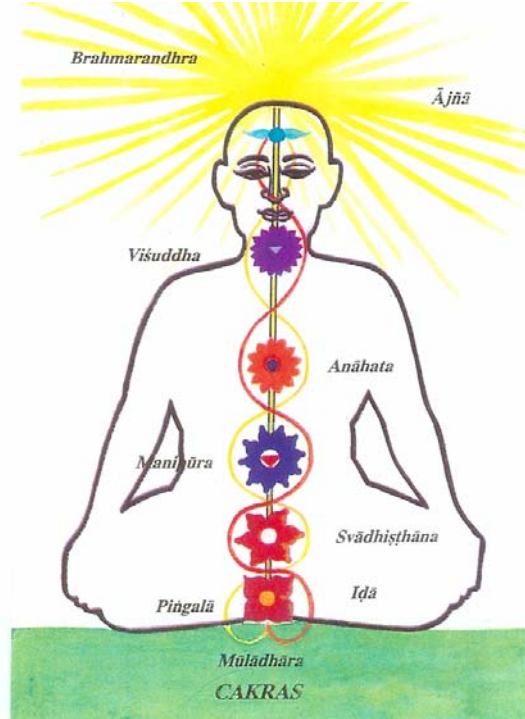


# FIGHTING WARS



External Wars



Internal Bliss

## A WINTER YOGA RETREAT

with Shanti Parakh and Friends

March 11, 12, and 13<sup>th</sup>, 2005

Loretto Centre  
6881 Stanley Avenue  
Niagara Falls, Ontario

For information/registration contact: Shanti Parakh (905) 374-3067

## **FIGHTING WARS**

Shanti Parakh

For as long as there have been people on this Earth of ours, there have been wars. But no one group has ever emerged as the ultimate winner. Emperors come, fight and conquer, but are eventually defeated. And yet, the fighting never seems to end. Everywhere, we see violence and tension between countries, communities, religions, ideologies. But wars do not ever solve conflict—they simply multiply it. Why are we constantly fighting wars? The turmoil in this world of ours reflects the turmoil within each of us.

Once a person finds peace and bliss within, he or she does not need to fight. Let's turn within ourselves, let us meditate and pray, to find the great strength to stop fighting. Our enemies are not outside, and they cannot be conquered easily. Our enemies live within us: anger, hatred, lust, jealousy, ego, and greed, and these emotions make us irritable and unhappy.

Let us stretch to get the pain and tension out of our bodies. Let us chant and meditate to rid our mind of harmful thoughts and negative emotions. Let us use non-violent and serene ways to reduce stress. Let us become more in tune with our bodies and aware of the physical enemies that challenge us: bacteria, viruses, yeast and parasites.

Over these three days, let us reach out to one another, learn together and share our unique gifts and talents. You will leave the retreat feeling light, rejuvenated and recharged. Hope you will join us.

## **FACILITATORS**

**Dr. Sheila Dunn**, an associate professor of education at D'Youville College and a retreat director, will lead a workshop aimed at helping us discover our inner enemies.

**Dr. Hussain Khan** has a Ph.D. in Psychology and has been studying Indian classical music for the past 40 years. He teaches vocal and Indian drumming (tabla) in the Niagara area. His son, Sahil will accompany him on the flute.

**Dr. John Mosher** has studied and practiced techniques for bringing stress reduction and balance into his life for over 25 years. He will be sharing a spiritual approach to stress management to help us develop peace and serenity within us.

**Deepali Parakh** will be sharing the health benefits of applying henna to the hands and feet and will be available (by appointment) for tension-killing Indian head massages.

**Shanti Parakh** has been practicing yoga, palmistry, and reflexology for over 30 years. He will teach yoga and meditation to unite our souls with our higher self.

**Dr. Oksana Sawiak** graduated from the Faculty of Dentistry, University of Toronto in 1966, and is one of the only dentists in Canada to practice holistic, non-invasive and natural ways of treating the teeth and gums. She will introduce us to her approach to oral health in a talk entitled "How to have a healthy mouth."



The Winter Retreat is held every year at the Loretto Centre in Niagara Falls. It is a delightful place for spiritual reflection and a retreat from all the cares of the everyday world. The Centre is a beautiful old building located on spacious grounds (featuring a labyrinth), and overlooking Niagara Falls.

*"Great fun – great food – great facilitators...  
feeling great – full belly – much smarter!"*



### FRIDAY

- 4:30-6:00 p.m. Registration
- 6:00-7:15 p.m. Dinner
- 7:20-7:40 p.m. Welcome & Orientation (Sheila)
- 7:45-8:15 p.m. Gentle stretching and chanting (Shanti)
- 8:15-9:00 p.m. "Why Holistic Dentistry?" (Oksana)
- 9:15-10:15 p.m. Indian Music Concert (Hussain)
- 10:15-11:00 p.m. Henna Demonstration/Free Time (Deepali)



*Breaking inner barriers through art*

### SATURDAY

- 7:30-7:40 a.m. Silent Meditation
- 7:40-8:40 a.m. Yoga (Shanti)
- 8:45-9:45 a.m. Breakfast
- 10:00-11:30 a.m. Germ Warfare: "How to Have a Healthy Mouth" (Oksana)
- 12:00-1:00 p.m. Lunch
- 1:00-1:45 p.m. Free Time
- 1:45-3:00 p.m. "More Serenity, Less Stress": A Spiritual Approach to Stress Management (John)
- 3:05-3:50 p.m. Chai Time (Kusum)
- 4:00-5:00 p.m. Mount of Mars: The Planet of War (Shanti)
- 5:10-5:50 p.m. Inner Reflection (Sheila)
- 6:00-7:00 p.m. Dinner
- 7:00-8:00 p.m. Free Time
- 8:00-9:00 p.m. Open Forum: War on Stress
- 9:30-9:50 p.m. Meditation
- 10:00-11:00 p.m. Music, singing, story time, play time



*Enjoying a break from our hectic lives*

*"Another amazing experience. Made more great friends, ate too much great food! Hope to be back next year!"*



*"Had to be dragged to conference. But was highly satisfied. Will be back next year!"*

### SUNDAY

- 7:30-7:40 a.m. Silent Meditation
- 7:40-8:40 a.m. Yoga (Shanti)
- 8:45-9:15 a.m. Stress Management (John)
- 9:15-9:45 a.m. Go Shopping (at the Retreat Store)
- 9:45-10:45 a.m. Brunch
- 11:00-11:30 a.m. Feedback, Pictures and Good-byes



*Rolling release to better health*



*"Very interesting experience, great job, good eats, always busy – Thank you...I will be digesting it for weeks!"*

## **IMPORTANT INFORMATION**

### **DIRECTIONS TO THE LORETTO CENTER:**

FROM TORONTO: As you approach Niagara Falls via the QEW, continue past Hwy 420. Exit at McLeod Road East and turn left at the fourth light onto Stanley Avenue. The Loretto Centre will be on your right at 6881 Stanley Avenue.

FROM BUFFALO: Cross the Peace Bridge. Take the QEW toward Toronto. Exit at McLeod Road. Turn right. Turn left at the fourth right onto Stanley Avenue. The Loretto Centre will be on your right at 6881 Stanley Avenue.

### **UNLOADING AND PARKING:**

Once unloaded, please use the additional parking to the south of the building near Our Lady of Peace Hall, leaving the area in front of the Centre for deliveries and staff.

### **ACCOMMODATIONS:**

- The Centre has double occupancy rooms. If you would like to room with someone in particular, please indicate with whom on your registration form. Otherwise, rooms will be assigned at random. Some single rooms are available at additional cost.
- A heated swimming pool is available for use – bring your suits.
- Please note that the Loretto Centre is a non-smoking facility.
- Shoes or slippers must be worn in hallways and stairwells.
- If you play an instrument, you may want to bring it for evening activities.

### **FEES AND REGISTRATION:**

- Fees for the Annual Winter Retreat, which include all workshops, lodging, and vegetarian meals, are \$270.00 (Canadian funds) or \$240.00 (U.S. funds) if paid before February 15<sup>th</sup>, 2005. After February 15<sup>th</sup>, fees will be \$295.00 (Canadian funds) or \$260.00 (U.S. funds).
- For those who wish to attend only on Saturday, fees are \$140.00 (Canadian funds) or \$125.00 (U.S. funds).
- All prices include GST.
- If you have any questions, please call Shanti Parakh at (905) 374-3067. You can also visit Shanti's web site at [www.shanti-yoga.ca](http://www.shanti-yoga.ca)
- Please use the enclosed form to register for the Annual Winter Retreat.

**PLEASE RETURN THIS PORTION WITH YOUR REGISTRATION FEE**

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Checks should be made payable to:

Shanti Parakh, 6890 Coach Drive, Niagara Falls, ON, L2G 2J1 (Phone: (905) 374-3067)

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_

State/Province: \_\_\_\_\_ Zip/Postal Code: \_\_\_\_\_

E-mail: \_\_\_\_\_ Name of Roommate, if applicable: \_\_\_\_\_

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