

The Sky's the Limit

Many things make man stronger. Better food, pure water, sunshine, a positive state of mind, meditation, massage, stretching, bicycling, yoga, tai chi, ayurveda...they all lead to improved mental, physical and emotional health.

We put limits on our ability to achieve. We think that we can't do new postures, learn new sports, or enjoy new experiences. But if we set the highest limits for our goals and achievements, and work with diligence, dedication and an open mind, then the sky is the only limit for what we can achieve.

Man has journeyed to the corners of this earth, and explored the secrets of the sea, sky and the universe. Our outer world is vast and there are no limits to its expansion, but it is only by turning inward to our deeper consciousness through meditation and prayer that we can discover our true selves.

Let us use these three days to explore outwards and inwards until there are no more limits on the development of our bodies, minds and spirits.

Schedule

FRIDAY

4:00-5:30 p.m.	Registration
5:30-6:30 p.m.	Dinner
6:45-7:15 p.m.	Welcome & Orientation (Sheila)
7:15-8:00 p.m.	Gentle stretching and chanting (Shanti)
8:15-9:00 p.m.	Increasing your endurance (Gordon)
9:15-10:15 p.m.	Indian Music Concert

SATURDAY

7:00-8:00 a.m.	Yoga (Shanti)
8:00-8:45 a.m.	Breakfast
9:00-10:15 a.m.	"Massage to set you free" (Cindy)
10:30-11:45 a.m.	Introduction to Ayurveda (Shailesh)
12:00-1:00 p.m.	Lunch
1:00-1:45 p.m.	Free Time
1:45-3:00 p.m.	"The Sky's the Limit: Fitness Through Cycling (Gordon)
3:05-3:50 p.m.	Chai Time (Kusum)
4:00-5:30 p.m.	"Sun, Moon & Sky: Planetary Influence" (Shanti)
5:30-6:30 p.m.	Dinner
6:30-7:20 p.m.	Inner Reflections (Sheila)
7:20-8:00 p.m.	Free Time
8:00-9:00 p.m.	Qi Gong (Elizabeth)
9:15-9:50 p.m.	Meditation (Shanti)
10:00-11:00 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
8:45-9:15 a.m.	Packing/Visit the Retreat Store
9:15-10:00 a.m.	The Sky's the Limit (Cindy)
10:10-10:40 a.m.	Qi Gong (Elizabeth)
10:45-11:30 a.m.	Feedback, Pictures and Good-byes

Facilitators

Elizabeth Allen has been studying and practicing Tai Chi and Qi Gong for twenty years. She has given a number of workshops and will speak about how the daily practice of the ancient art of Qi Gong can help us move beyond our limitations.

Dr. Sheila Dunn an associate professor of education at D'Youville College and a retreat director will lead a workshop aimed at helping us explore and transcend our limits.

Shailesh Parikh has been practicing as an Ayurvedic physician in India for over 20 years. He has treated a range of physical and mental disorders through pure, herbal remedies. He will speak about the history and principles of this ancient healing discipline.

Gordon Singleton is an Olympic athlete who has been cycling for over 30 years. He is a World Champion in cycling and has won the Commonwealth Games and the Pan-American Games twice. He will talk about his experiences in training and competing in a workshop entitled: "The Sky's the Limit: Fitness Through Cycling."

Cindy Van Dyke is a R.M.T. and a practitioner of Acupressure, Reiki, Therapeutic Touch, and Recreational Kinesiology. Cindy will speak on the benefits and contra-indications of massage and about how massage and yoga can work together to bring peace, harmony, and health to the body, mind, and soul.

Please note that due to the unfortunate closure of the Loretto Centre, we have moved the retreat to neighbouring Mt. Carmel. Spaces are limited for this retreat.



Directions to Mt. Carmel:

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.



Shanti Parakh is an internationally renowned metaphysician and healer. He has practiced yoga, palmistry and reflex therapy for over 35 years. He currently sees clients, and teaches reflexology and yoga classes in the Niagara Region.

THE SKY'S THE LIMIT

***9th Annual Winter Yoga
Retreat***

**With Shanti Parakh & Friends
February 10-12, 2006**

**Mount Carmel Centre
7021 Stanley Avenue
Niagara Falls, ON, L2G 7B7
(905) 356-4113**

For Information/Registration contact
Shanti: (905) 374-3067; www.shanti-yoga.ca