

FALL
Renewal
RETREAT



Join Carolyn Anne Budgell and Kate Gillespie for a blissful long weekend of yoga, meditation and nature.



SALT SPRING
island

OCT 3-7th, 2024

STOWEL LAKE FARM

Vinyasa Yoga
Spa Yoga
Meditation
Connection

FALL *Renewal* RETREAT

Stowel Lake Farm is a thriving organic farm, retreat centre and community on Salt Spring Island, BC. The farm is located on over a hundred acres of mixed forests, fields, rocky outcrops and rolling hills. This idyllic place has been hosting retreats for over 30 years, and we're so excited to experience it with you!



This is the Gatehouse, which will be our beautiful studio for 5 days. Tons of space, yoga props galore, and views for days.

The Barn is where we'll enjoy our meals, and cozy up on big comfy couches gazing out through those floor to ceiling windows.



The cuisine at the farm is outstanding, and changes daily to incorporate ingredients from the gardens. Daily meals are wholesome, nourishing and beautiful. We can accommodate any of your dietary needs.

FALL *Renewal* RETREAT

LONG WEEKEND SCHEDULE

ARRIVAL 3pm Thursday, Oct 3rd

The retreat will kick off with an opening practice at 4:30pm on Thursday afternoon, followed by our first dinner as a group. Yay!

DAILY ROUTINE

But first, coffee. Each morning will start with a Vinyasa practice, followed by breakfast. There will be plenty of time for ocean plunges, R&R and time in nature both before and after lunch. Enjoy Spa Yoga & Meditation late afternoon, followed by a delicious meal and group hangs in front of the wood fired stove, or a bonfire if the weather cooperates.

We'll give you a more detailed rundown closer to the dates, and the schedule will be fluid as the weekend goes on.

DEPARTURE 1pm Monday, Oct 7th

After practice and brunch, our final day ends with a sharing circle and intentions to guide us back out into the world and into a bright season ahead.

FALL *Renewal* RETREAT

ROOMS AND RATES



SHARED YURT

- 2 single beds
- shared bathroom

\$1390 per person



SHARED REGULAR

- 2 beds
- shared bathroom

\$1550 per person



BATH HOUSE PRIVATE

- 1 bed
- shared bathroom

\$1690 per person

FALL *Renewal* RETREAT



PRIVATE REGULAR

- 1 bed
- shared bathroom

\$1790 per person



DELUXE

- 2 beds
- private bathroom

\$1750 per person SHARED

\$2490 per person PRIVATE SUITE

These photos are examples of each room type. Please take a look at the [Stowel Lake Farm site](#) for more details.

FALL *Renewal* RETREAT

GETTING THERE

By Ferry

There are many options depending on where you are coming from. Visit www.bcferries.com for schedules and reservations.

If you are a Foot Passenger and would like to be picked up, take the thru-fare trip from Tsawwassen - Swartz Bay - Fulford Harbour.

For those who are interested in connecting about carpooling, we can help you get in touch.

By Air

Take a floatplane from the Vancouver Airport or downtown to Ganges Harbour on Salt Spring Island. Floatplane options: Harbour Air Seaplanes, SeaAir Seaplanes.

OR Fly to Victoria Airport, take a 10 minute cab ride to Swartz Bay Ferry Terminal & catch the ferry to Fulford Harbour, Salt Spring Island.

PAYMENT DETAILS

- A \$500 CAD non-refundable deposit will hold your spot
- Final Payment is due on or before Aug 15th, 2024.
- Email transfer can be made to carolynAbudgell@gmail.com
- If using PayPal or credit card, a 5% fee will be added, and an invoice will be sent upon request.

FALL *Renewal* RETREAT

THE FINE PRINT

PAYMENT AND CANCELLATION POLICY

A non-refundable deposit of \$500 is required to reserve your spot. Final payment is due on or before Aug 15th. For cancellations before Aug 15th, you will receive the balance of your payment minus the \$500 deposit. For cancellations after Aug 15th, you will not receive a refund.

WE HOPE YOU CAN MAKE IT!

Please email us at carolynandkateyogaretreats@gmail.com with any questions. [Click here to head to the sign up form.](#)

xo Carolyn & Kate