

Bohemian Bliss Yoga presents:
**Mother's Day with
Mother Nature Yoga
Retreat**
May 9 - 12, 2024



Join us with your mother, daughter, sister, or friend to nurture, bond, and deepen your relationship in connection with Mother Nature.

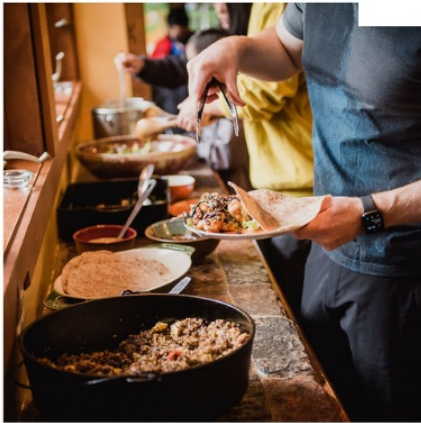


NORTHERN
EDGE
ALGONQUIN



Bohemian Bliss
YOGA

Hosted at Northern Edge Algonquin



Northern Edge Algonquin is a sustainable retreat centre that has grown organically and intentionally since 1992 for the purpose of hosting group retreat experiences in Algonquin Park.

Each retreat features a range of cozy accommodations, delicious meals crafted with care from local ingredients, and gathering and practice spaces intentionally designed to inspire connection.

Come. Gather. Connect.

We are so excited to welcome you to our centre!

What's Included?

Activities to Reinvigorate Your Soul

Yoga, meditation, wood-fired sauna, canoeing, paddleboarding, wildlife viewing, hiking, social connection, & more!

Nourishing Farm-to-Table Meals

Our culinary team crafts beautiful & delicious meals to keep you replenished throughout the day. Guests with dietary needs will be well taken care of.



Comfortable & Cozy Forest Accommodation

- Choose from a private or shared cabin, nestled in our serene forest setting. (Price includes accommodation, meals, & program fee. Transportation not included.)
 - Shared options starting from \$1279 + HST
 - Private options starting from \$1379 + HST

Habitat Cabin

Private Not Available / Shared \$1279 + HST



Studio Cabin

Private \$1559 + HST / Shared \$1379 + HST



Canopy Cabin

Private \$1379 + HST / Shared \$1279 + HST



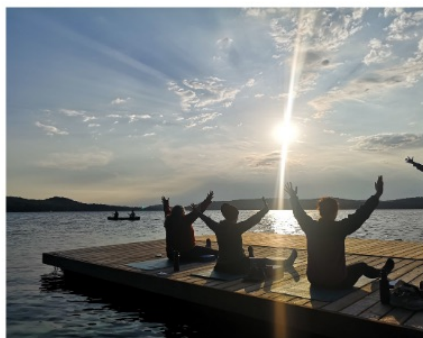
Dreamer's Hill Cabin

Private \$1784 + HST / Shared \$1559 + HST



Itinerary

At the Mother's Day with Mother Nature Retreat our intention is to deepen your connection with your mother, daughter, sister, friend, new friend you meet on the retreat if you're coming solo and Mother Nature. Retreat activities are determined by the weather & season. Itineraries are subject to change.



Arrival Day	
Afternoon	Arrivals: get to know your facilitators & other participants with a welcome refreshment in Points North. Enjoy a group orientation & welcoming before a delicious dinner introduced by chef Gregor in the dining room.
Evening	Longer than normal deep, relaxing Yin Yoga class in the brand new studio space, Radiance. Infused with use of essential oils for sleep, sound bath, and adjustments.
Day 2	
Morning	A gentle start to the morning with Nature Art Gallery craft. Explore in nature and see what you can find.
Afternoon	Hike to nearby location and Trust Walk activity with partner. Connect with Mother Nature Meditation.
Evening	Campfire up at the Fire Circle with story sharing and community building and partner activity.
Day 3	
Morning	Learn new poses to assist in a deeper stretch with the help of your partner. Take on the challenge of strength poses in Partner Yoga outdoors.
Afternoon	Canoe on the lake to Blueberry Island.
Evening	Ceremony in sauna with use of essential oils.
Departure Day	
Early Morning	Yoga outdoors at Dragonfly Dock with breathwork.
Morning	It's a surprise! Special activity in connection with partner and Mother Nature. Departure after lunch.