



Living your Life Purpose

A MIRADOR International Retreat with Cezarina Trone & Andre Lepine in Collaboration with Sitara Maldonado & Special Guest Katie Phang offering Thai Yoga Massages

We are truly pleased to announce a very recent initiative to collaborate with Sitara following the Amma Program in Toronto.

For those of you who knew & followed Sitara while she was in Toronto you will no doubt enjoy reconnecting with her. She now resides at the Amma Centre in San Ramon & will be in Toronto attending the Amma Program. Sitara is a **Kripalu Certified Yoga** teacher, a gifted artist & an inspiring kirtan leader.

Cezarina Trone founder of **Mirador Kids Yoga & Creativity School, MIRADOR Life & Creativity Coaching** will be joining as a volunteer to co-lead & bring her sparkling creativity, numerous gifts & wisdom to the retreat.
www.miradorkidsyoga.com

Andre Lepine Co-founder of **MIRADOR International & the Lotus Heart Centre** will share meditations & teachings of the Spiritual Heart: Hridaya-Yoga.
www.lotusheartcentre.ca

During our retreat you can expect to explore & answer some profound questions:

- ✦ What if you knew the purpose of your life?
- ✦ What if you could re-write your story in the now with ease and joy?
- ✦ What if you were able to live your life with enthusiasm and meaning every day?
- ✦ What if you could overcome obstacles that are preventing you from knowing and living your purpose?

You were born with a unique life purpose. As souls, each of us choose the life experiences that support us in manifesting and living that purpose. The obstacles we meet along the way are opportunities to evolve towards the highest ideal of ourselves.

Retreat to the beautiful Lotus Heart Centre and be inspired & skillfully supported by your hosts and....

- ✚ Learn how to navigate through the challenges of our complicated lives.
- ✚ Discover your gifts and learn to live from a place of authenticity.
- ✚ Experience your True Nature and develop unconditional love & acceptance of who you really are.
- ✚ Fall in Love with New Versions of Your Self Emerging in your present state of Awe.

More details of the retreat

Daily all-levels Kripalu Yoga Classes (link to Kripalu yoga page). Includes breathing exercises, postures, meditation, yoga nidra (extended deep relaxation) and other yogic teachings

- ✚ Daily Sharing Circles: *Safe and confidential space where you will have the opportunity to share how you feel without receiving feedback.*
- ✚ Experiential workshops: Inquiry into your Life Purpose, Compassionate & Whole Communication Model
- ✚ Delicious healthy vegetarian meals
- ✚ Kirtan (devotional chanting) (link to kirtan page)
- ✚ Serene, warm and loving atmosphere
- ✚ Other experiential and transformative activities
- ✚ All activities are optional and for all levels.
- ✚ No previous experience required.

WHEN

Friday, July 13th – Sunday, July 15th

Registration begins at 3:00 p.m. There will be a yoga class from 4:30 to 6:00 and dinner around 7:00pm. The retreat officially ends at 2:00 pm on Sunday after a sharing circle.

WHERE

Lotus Heart Centre

This retreat sanctuary is located near Brighton, Ontario. Only 1 1/2 hrs east of Toronto and 3 hrs S.W. of Ottawa.

Other Services:

Thai Massages with Katie Phang will be offered by appointments set prior to the retreat. Cost \$100 for 60mins, \$125 for 90 mins

To book pls contact Katie: katiephang@rogers.com

In Addition: Private spiritual coaching sessions with Sitara; for prices & appointments pls contact in advance: sitaraaum@gmail.com

Registration:

Please contact info@lotusheartcentre.ca

Cost (per person): **\$362 plus HST shared accommodations**

Single accommodation, available for an extra cost of \$25/night