



# Silent Yoga and Meditation Retreat

**June 23-28, 2023**

**Zen on the River, Lewiston, NY**

## **The Mind Cannot Compete with Consciousness...**

During these five days we dive deep into the healing powers of silence and the higher vibrations of consciousness. Through extended meditation and the inward journeying of a silent retreat, we allow the wisdom of consciousness to penetrate deep into our



*Facilitated by:  
Toni Gordon, Registered  
Psychotherapist, Ayurvedic  
Counsellor, Meditation and  
Yoga Teacher*

stories, our wounds, and reveal and clear what has been hidden below awareness.

In silence we witness and observe instead of react. With nowhere to land, we can allow our inner dramas flow through. It is an opportunity to let go and allow our beings to do what they know how to do: Create order and wisdom, love and healing.

We are here to get underneath our egoic stories and patterns, and make our way back to our Selves.

**4 Meditations Daily**

**2 Yoga Classes Daily**

**3 Delicious Vegetarian  
Meals Daily**

**Roof top patios, hot tub,  
riverfront view**



*Facilitated by:  
Michelle Compas, E-  
RYT500 Yoga Instructor,  
Yoga Nidra Instructor,  
Meditation Teacher, Reiki*

### **To Accompany you on your journey...**

**Michelle** will take the healing into body, moving the energy, facilitating detox, and deepening the surrender through movement and breath. She will lead you through your Hatha postures and breath work during the day, facilitating a practice that will assist in circulating the energies and releasing the tensions of the body.

In the evening Michelle will guide you with gentle Yin, Restorative asanas, and Yoga Nidra to direct you deeper into your Self. All practices assist in calming the sympathetic nervous system allowing our being to process and let go.

**Toni** works by raising your vibration while you journey into your healing silence. She will lead meditations and provide daily reflections to connect you to your Self. Through one-on-one sessions and ongoing energetic and emotional support, you will be deeply accompanied throughout the five days.

**For more information or to  
register:**

**647-707-1835  
connect@tonigordon.com**

# Tentative Retreat Schedule

## **Friday June 23rd**

**3:30 - 5:00 - Arrival**

**5:30 - Dinner and opening discussion**

**8:30 - Silence**

## **Saturday – Tuesday**

### **AM**

**7:00 - Meditation**

**7:30 - Breakfast**

**8:00 - 10:00 - Unscheduled time or session**

**10:00 - 12:00 - Asana/meditation**

### **PM**

**12:00 - Lunch**

**1:00 - 3:00 - Unscheduled time or session**

**3:00 - 5:00 - Meditation and check-in**

**5:30 - Dinner**

**7:30-8:30 - Evening meditation, yoga**

## **Wednesday June 28th**

**7:00 - Meditation**

**7:30 - Breakfast**

**8:00-9:30 - Unscheduled time**

**9:30-11:00 - Meditation and asana**

**11:00 - Break silence/debrief**

**12:00 - Lunch and check out**

## Retreat General Information:

Please arrive and check in between 3:30- 5:00 pm on June 8th. We will have dinner together at about 5:30 pm, followed by brief introductions, discussion about expectations and routine, and then initiate silence after a meditation at approximately 8:30pm.

This is a no technology retreat. Cell phones must be left at home or in vehicles. Yoga is suitable for all abilities. Some meditation experience is recommended.

### **Investment:**

**5 nights** - \$1200-1650 CAD + HST, depending on room selection and availability.

Rooms include both single and shared occupancy.

50% deposit required to reserve a spot and room.

Contact Toni to discuss room options

Full Payment is due by June 1, 2023.

All payments are final and non-refundable.

**Payment Methods:** Cash, e-transfer ( preferred), Visa or Mastercard. Please indicate at time of registration which form of payment is preferred.