



QUEST FOR BALANCE

SUP, YOGA, AND SEA KAYAKING RETREAT

It's a little Yin for your Yang . . .

Imagine yourself experiencing the peace and serenity of nature with great company, while balancing your mind body and spirit on a yoga vacation getaway. This experience is a fine balance between a sea kayak/stand up paddling adventure and a yoga retreat at the Edge of Algonquin Park.

Begin, transform, or deepen your yoga practice with daily guided classes in the cradle of our eco-retreat. Our gentle and understanding yoga & adventure facilitators will bring you to the Edge to try something new, with sea kayak and stand-up paddleboard instruction for women & men of any experience level on scenic Kawawaymog Lake.

Standing at full height on a SUP board, you'll enjoy once-in-a-lifetime views of everything from Algonquin Park wildlife to what's on the horizon. It's like walking on water! If you're feeling adventurous, take your yoga off the mat and onto the board with an introduction to practicing yoga on the water.

A true quest for balance

Practice sun salutations as the mist rises on the water at the yoga platform. Challenge your core with warrior pose on stand up paddle boards and root with your tree pose on a small island in the middle of the lake, listening to breezes blow through towering white pines. In the evening, sweat your prayers in the wood fired sauna; an ancient and universal form of self-healing, balancing the active yang practice of the days adventures with a restorative yin practice.

How are you dreaming to take your yoga off the mat this summer?



August Long Weekend

Custom dates available for private groups of 8+

\$300/person Program Fee, plus accommodations & meals from \$229/person/night.

All Inclusive: 4 days, 3 nights featuring mouthwatering healthy meals, comfortable shared forest accommodation, sea kayaking, stand-up paddleboarding, yoga, equipment, and facilitation.



"Northern Edge is beautifully serene and idyllic. Coupled with super capable and compassionate instruction and cuisine that stirs the soul? Pinch me! Nothing could have been more wonderful."

SAMPLE ITINERARY

Each retreat's activities are determined by the weather, season, and guest interest. Sample itineraries are subject to change.



Day One

Afternoon	Arrivals: get to know your facilitators & other participants with a lemonade and snack in the waterfront gardens. Enjoy a brief introduction to Stand Up Paddleboarding before a delicious dinner introduced by chef Gregor in the dining room.
Evening	Welcoming circle & a soothing introductory yoga session geared towards preparing you for the weekend.

Day Two

Morning	7:30am morning yoga session before a wonderfully natural breakfast. Afterwards, get comfortable on & in the water with some intro to SUP and Kayaking.
Afternoon	12:30 lunch, followed by unstructured dreamtime/free time to explore. Sauna will be fired up for 4pm.
Evening	6pm dinner, followed by an evening hike or meditation on the floating yoga platform.

Day Three

Morning & Afternoon	7:30am morning yoga session, again followed by breakfast. Afterwards, let's take a day-trip to Blueberry Island for a picnic lunch & swim.
Evening	Early evening yoga session at 4pm, before gathering around our forest bake oven for the best hand-made artesian wood-fired pizza you've ever had. Wrap up with an evening campfire after dinner.

Day Four

Morning	Continental breakfast at 7:30am followed by optional yoga session or choose-your-own activity. Join us for a delicious farewell brunch at 11, enjoy the sauna one more time before closing circle and departure.
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