

Yoga Rythms: Yoga, Drumming, and the Internal Rhythm

In this eco friendly **Yoga Retreat** we will spend time learning and practicing drumming rhythms from around the world-Africa, Cuba & Brazil. Step by step we will learn hand rhythms, songs and dances from their corresponding countries. Within our yoga practice we will learn how to shift into our own internal rhythm, shaping our yoga through instinct, intuition, and the ability to meet the body exactly where it is within each moment. Inspired deeply by our connection to the natural world, the sheer joy of sound and rhythm and the soulful honest expression of movement within the body. We will create evenings of music drumming by the fire under a blanket of stars. The fusion of nYOGA and DRUMMING will set you on the path to your most ALIVE route to life!

This trip is ideal for you if...

You appreciate the stillness of a quiet morning and want a guided peaceful Algonquin Park Canoe Trip. You'd like to learn about to canoe or camp and learn best by having a hands on experience. Previous guests include singles, couples, small groups, families, and international travelers.



"Yoga...drumming..world beats. Ah, what an inspired combination. The energy came stright from my core."



2009 Trip Dates

July 2-5

What to Expect

Arrival: 2-4 pm
3 nights/4 days @
Retreat Centre
2-3 hrs sea kayaking
Departure: 3-5pm

Prices (before tax)

\$747/person or
two for \$1345

What's Included

Meals from day 1 to lunch on day 4. All necessary equipment, cozy accommodation, and yoga program.

NECA

Northern Edge
Algonquin Inc.

"...rediscover ourselves,
empower each other,
heal the earth..."