

# One Day

## All Inclusive Retreat

@ [Life Force Centre at Gateway Lake View Resort at Shuswap Lake](#)

Spend the day on the North Shuswap, in Lee Creek, BC – just 6.0 km from the T.C.H

2633 Squilax-Anglemont Rd  
[Gateway Lakeview Resort](#)

[www.liforceenergy.net](http://www.liforceenergy.net) at



Yoga

Breath & Energy

Nutrition & Smoothie Bowl



**Life Force**  
Experiential Activities

### Saturday April 11, 2020

### 9am to 3:30pm

Early Bird Registration by **Friday April 3, 2020**

[liforceenergy888@gmail.com](mailto:liforceenergy888@gmail.com) / 250-679-4411

**Energy Exchange fees: Full Day- \$111**

No Yoga **\$99**

Nutrition & Smoothie ONLY: **\$40**



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**Full Day- \$111**

**No Yoga \$99**

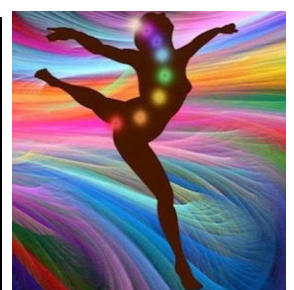
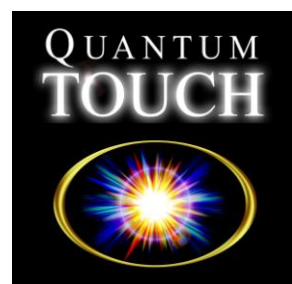
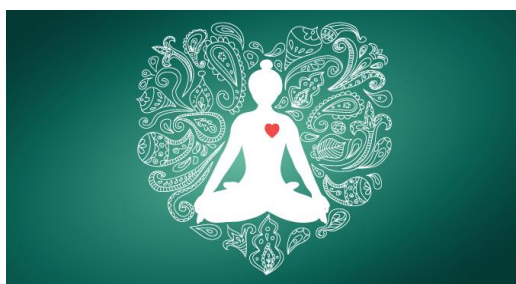
**Nutrition & Smoothie ONLY: \$40**

**This Retreat comes with:**

A yoga class, a Nutrition & Smoothie Bowl Workshop, Individual and group Breath & Energy facilitation and practice time, all nutritious snacks, beverages & lunch.

## **Retreat Agenda**

9-10:00am	Hatha Wake Up Yoga with <a href="#">Danielle Dufour</a> – All Levels Flow
10-10:15	Break
10:15-10:45	Group Introductions activity over Beverages & Snacks
10:45-12:30	Intro to the Power of Breath Work & Quantum Touch (Universal Energy) Techniques - Individual, pairs, and group activities with Danielle
12:30-1:30	Catered Lunch
1:30-3:00pm	Nutrition, Selection & Make Your Own Smoothie Bowl with <a href="#">Lisa Glazebrook</a>
3:00-330 pm	Group Close



## Retreat Facilitators

### Rev. Danielle Dufour



If someone refers to themselves as a Healer, they are still operating from EGO! Yoga, Breath, and Energy component of this Retreat will leave you feeling empowered, inspired, and rejuvenated!

**We are all our own Greatest Healer!** Danielle is passionate about empowering participants to feel and see for themselves how they can use a variety of techniques to improve all aspects of their life in profound ways!

Danielle has been practising “Energy Work” for many years. She chose to certify in Quantum Touch, and is a Certified Quantum Touch Practitioner, Metaphysical Practitioner, Yoga Teacher, and Meditation and Spiritual Counselor.

Danielle has combined decades of experience facilitating recreational and life skills programming, and counselling groups as a social worker. She has worked in High Performance Sport, and within the school, and justice system in a variety of capacities.

She has taken all the best features of her career learning and experiences into creating Life Force Centre, a space to build relationships, even if it's just with yourself! She is dedicated to offering quality educational and experiential programming, activities, and facilitation for all to enjoy! Click [HERE](#) To Read Danielle's full Bio or via [www.lifeforceenergy.net/about](http://www.lifeforceenergy.net/about)

### Lisa Glazebrook



Lisa has been working as a certified personal fitness trainer with Can-Fit, and a healthy nutrition and weight loss coach since 2006.

She is also a certified level 1 boxing coach, and have been coaching out of the Derrick boxing club since 2002.

Lisa currently is working out of Total Works Fitness Centre in Drayton Valley Alberta.

#### ***Nutrition & Smoothie Bowl Workshop:***

Delicious and fun. Come learn about how our digestion

starts with our eyes as you decorate your own smoothie bowl with an array of delicious, colourful and healthy toppings.

Choose from a thick delicious and healthy ice cream like base of 3 different flavours. Very berry, green goodness and chocolate lovers. Learn about nutrition while we have fun being creative with our food. Jam packed full of whole foods, nutritional information, tips and delicious healthy foods.

Come with an empty belly and leave with a full tummy and mind!

Check out Lisa's smoothie bowls and recipes on Instagram @simplythrivedv or follow her Simply Thrive Facebook page.

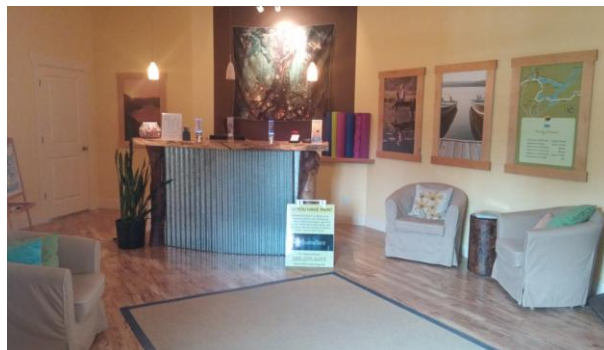
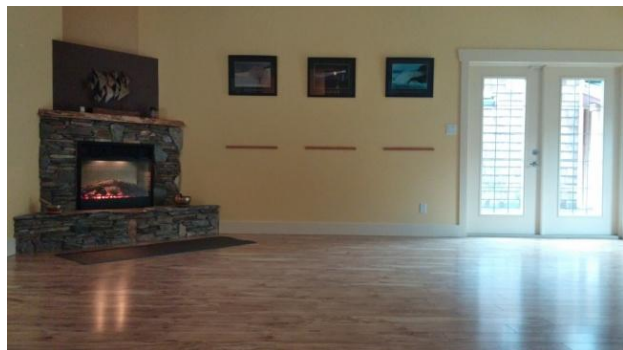
For more information about Lisa, please visit:

Website: <https://simplythrivedv.wixsite.com/fitness-nutrition>

Contact: 1-780-621-7863, [simplythrivedv@gmail.com](mailto:simplythrivedv@gmail.com)



Life Force Centre is nestled in the Foothills of MacKay Bay on the North Shuswap Lake at Gateway Lakeview Resort. The facility is a cozy Studeo with accessible paved parking, partial kitchen facilities, washrooms, wheel chair access, and is just across from Shuswap Lake and a walk away from Tsutswecw Provincial Park.



### **HATHA Yoga, Breath & Energy Practice with Danielle**

This Yoga class will be a slow gentle wake up with flow (movement) Danielle intuitively guides each yoga class to be uniquely suited to each group. This class will leave you feeling confident, refreshed, and inspired! The breath & energy practice doubly so!! Give yourself this gift of showing up and feel it for yourself!



### ***Breath & Energy workshop is designed to:***

- Leave participants feeling empowered, & an increased understanding for their own life journey
- Introduce various breathing techniques & practice seeing, feeling, and using Universal Energy
- Instill confidence, embrace strengths, and encourage powerful skills we all have

### **All Inclusive Snacks, Lunch, & Refreshments**

Snacks, Refreshments, and Buffet style lunch provided for the duration of your experience. Snacks will be fruits and veggies, tea, coffee, and cold drinks. Lunch will be healthy lifestyle choices, but will not be strictly vegan, salad & wrap options, snacks and dips. Please let us know if you have any allergy concerns.

