

# 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

[www.lifeforceenergy.net](http://www.lifeforceenergy.net) at [Gateway Lakeview Resort](#)



Yoga

Breath & Energy

Drumming



**Life Force**  
Experiential Activities

**Saturday February 1, 2020**

**9am to 3:30pm**

Early Bird Registration by **Friday January 10, 2020**

[lifeforceenergy888@gmail.com](mailto:lifeforceenergy888@gmail.com) / 250-679-4411

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

No Yoga **\$99**

Drumming ONLY: **\$40**



# One Day **All Inclusive** Experiential Retreat

**Saturday February 1, 2020**

**9am to 3:30pm**

Early Bird Registration by **Friday January 10, 2020**

[lifeforceenergy888@gmail.com](mailto:lifeforceenergy888@gmail.com) / 250-679-4411

## **Energy Exchange Options:**

**Full Day- \$111**

**No Yoga \$99**

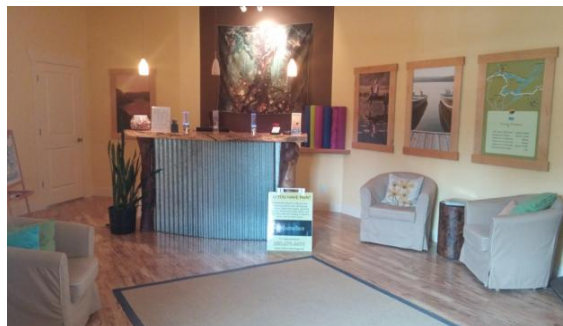
**Drumming ONLY: \$40**

This Retreat comes with:

A yoga class, a drumming Session, (drum provided if needed) 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	Drumming with <a href="#">Kjara Brecknell</a>
3:00-3:30 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.liforceenergy.net/about](http://www.liforceenergy.net/about)

### Kjara Brecknell

#### Osteopathic Practitioner



Drumming with Kjara! Kjara began African drumming with master Drummer David Thiaw and her good friends Goldie and James Wilson around 2005 while she was also adding a career in bodywork as an Osteopathic manual practitioner to her tool belt. (Osteosalmonarm.com)

Kjara began her teaching career at the age of 18 in the fitness industry and brings many years of experience as an instructor and presenter. Music, Drumming and dancing have always been a part of her life beginning with highland dance and drumming in a pipe band at a young age. She loves to combine rhythm, movement and communion of people, in the facilitation of health at all levels, physical, mental, emotional and spiritual.

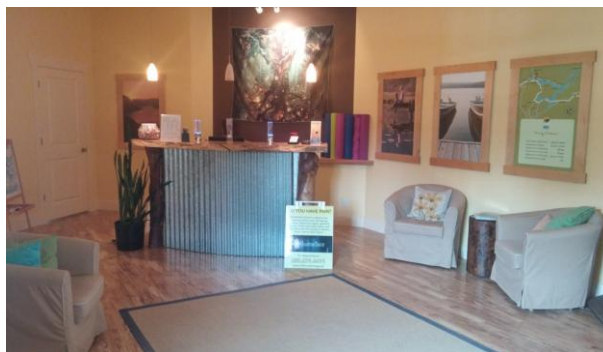
Kjara has now combined this knowledge of health and wellness with skills of group rhythm and movement to facilitate drum and dance circles at local retreats and other gatherings. She believes strongly in the healing power of a joyous circle and loves to contribute her skills for all who would like to join in.

Kjara also enjoys many outdoor activities including playing with her herd of horses and facilitating Equine Assisted Personal/Professional Development classes.

For more information, visit – [www.Osteosalmonarm.com](http://www.Osteosalmonarm.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 Studio 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!



### **Drumming with Kjara**

All supplies are included. Enjoy experiencing the calm grounding sounds of a group drumming circle. No Experience necessary. Kjara will gently guide you through. Drum rental included.

### **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.