

One Day **All Inclusive** Yoga Retreat

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

Spend the day on the North Shuswap, in Lee Creek, BC

2633 Squilax-Anglemont Rd www.liforceenergy.net



Yoga

Breath & Energy

Drumming

Nature



Life Force
Experiential Activities

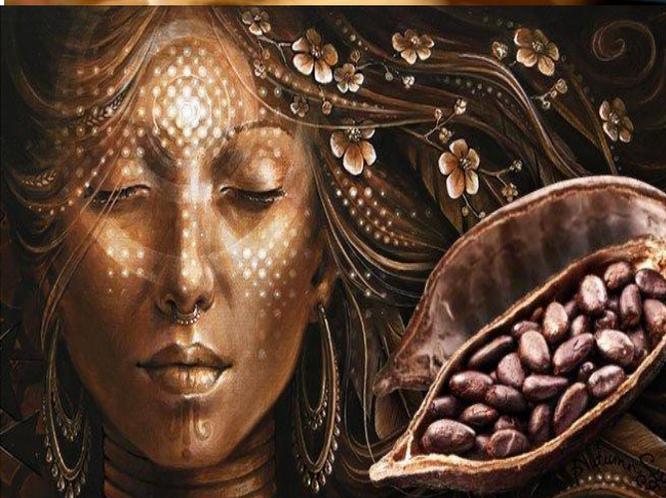
Saturday February 1, 2020

9am to 5:00pm

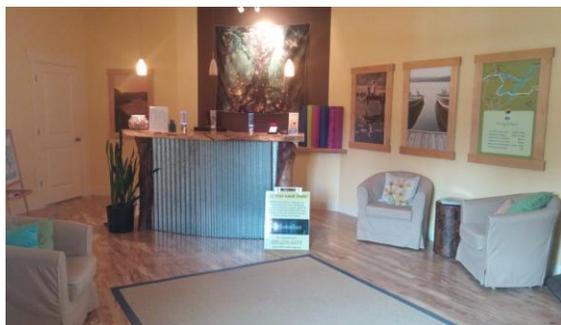
Early Bird Registration by **Friday January 3, 2020**

liforceenergy888@gmail.com / 250-679-4411

Energy Exchange Early Bird fee- \$120.00 plus GST / After Jan 3 - \$140.00



One Day **All Inclusive** Life Force Spa Retreat



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9am to 5:00pm

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

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Energy Exchange Early Bird rate- \$120.00 / After Jan 3- \$140.00

This Retreat comes with:

Two yoga classes, 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 Danielle Dufour – 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 & Universal Energy Techniques - Individual, pairs, and group activities
12:30-1:30	Catered Lunch
1:30-3:00pm	Drumming with Kjara Brecknell
3:00-3:30pm	Break- Beach Walk weather permitting
3:30ish-5:00 pm	Yin Yoga – & Group Meditation with – Danielle Dufour

Retreat Facilitators

Rev. Danielle Dufour



Danielle is the owner of Life Force Centre – www.Lifeforceenergy.net and is an Ordained Metaphysical Minister ([What is Metaphysics?](#)) and Metaphysical Practitioner. She is an Empathic Intuitive Practitioner and empowers clients introducing a wide array of integration tools and techniques in all her group and individual sessions. She is a Certified Quantum Touch Practitioner, Yoga Teacher, and Meditation & Spiritual Counsellor. She is presently pursuing her Masters in Metaphysics; she has a Diploma in Social Work from [Mount Royal University](#) and Business Administration from St. Andrews College.

Danielle has combined decades of experience facilitating recreational and life skills programming, groups, and dance. She has worked in High Performance Sport, and within the school system as an Education Assistant and also as an educational and motivational workshop facilitator. 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

Kjara Brecknell

Osteopathic Practitioner



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 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 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