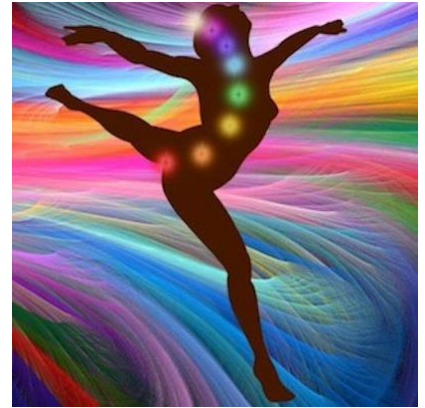


One Day **All Inclusive** Yoga Retreat

@ [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 Cosmic Creation Interpretive Tour Chocolate & Dance



Life Force
Experiential Activities

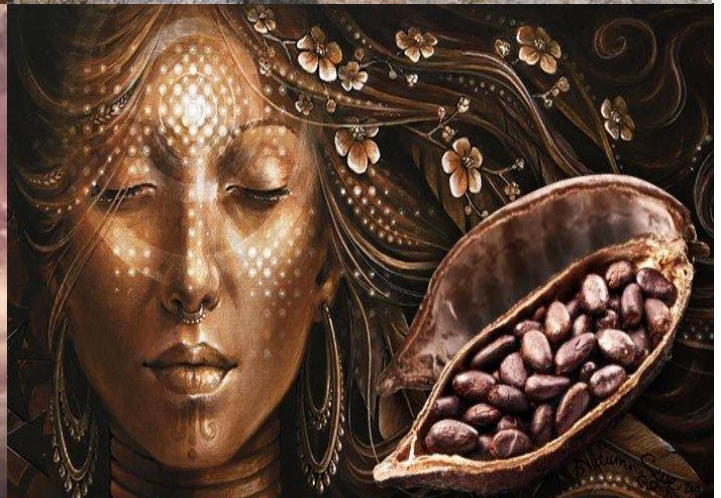
Saturday November 30, 2019

9am to 5:30pm

Early Bird Registration by **Friday November 22, 2019**

liforceenergy888@gmail.com / 250-679-4411

Energy Exchange Early Bird fee- \$120.00 with Tax / After Nov 22 - \$140.00



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This Retreat comes with:

A yoga class, An Interpretive guided Hike, cosmic artistry facilitation and materials with a take home creation. Sharing of Cocoa: Experience the healing of raw chocolate & explore the five elements through dance, all snacks, beverages & catered lunch.

Retreat Agenda

| | |
|--------------------|---|
| 9-10:00am | Hatha Wake Up Yoga with Danielle Dufour – All Levels Flow |
| 10-10:15 | Break |
| 10:15-11:15 | Group Welcome & Introductions activity |
| 11:15-12:30 | Cosmic Connection with an Artistic Creation with Sarah Belgue |
| 12:30-1:30 | Catered Lunch |
| 1:30-3:00pm | Interpretive Walk / Hike with Ted Danyluk along the famous Adams River |
| 3:00-3:30pm | Break |
| 3:30ish-5:30ish pm | Sharing of Cocoa, Breath, & Five Element Dance with – Danielle Dufour Raw Chocolate, Breath & Energy, Dance, & Celebration. |

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



Sarah Belgue

Sarah is the owner of [Sacred Heart Healing & Art](#) based on the North Shuswap Lake. She is a gifted Shamanic Energy Practitioner & offers individual and group sessions. In addition to her Transformative Energy Work, Sarah facilitates workshops supporting clients develop an individual positive cosmic connection with an artistic creation. Sarah is an open channel medium, always ready to shift, uplift, and GO DEEP whenever she is called! Sarah's most recent certification is Hands of Light DNA Activations with Rae Chandran in May 2019.

Ted Danyluk



Ted has been a seasonal Interpretive Guide with the [Adams River Salmon Society](#) since 2010. He is a wealth of local shuswap knowledge, a retired school teacher and avid community volunteer! For the past two years (2018 & 2019) from May to September, Ted can be found guiding weekly Walk About tours based out of the Interpretive Centre at Tsutswewc Provincial Park on the North Shuswap.

During this interpretive workshop, Ted will take you on a walkabout along the famous Adams River, known for some of richest salmon spawning waters in the world. Experience and learn about the importance of a riparian zone, the life cycle of the sockeye, coho, and other salmon, as well as their habitat, and how we impact and interconnect with the flowing but delicate ecosystem along the shorelines and waters of the Adams River Valley.



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, two washrooms, wheel chair access, and is just across from Shuswap Lake and a walk away from Tsutswecw Provincial Park.



HATHA Yoga with Danielle

This 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!



Cosmic Connection with an Artistic Creation with Sarah Belgue

Bringing a meditative practice and heart softening facilitation into building our creations. By choosing what makes us feel lighter, as you choose various aspects of your design, we will remain in a space of love, flow and interconnectedness. Allowing the profound transfer of what you can only feel for yourself.



Cocoa, Breath, & Five Element Dance with Danielle

This group sharing ceremony & Dance will serve to be profoundly powerful. Come away with knowledge around the history of Cocoa Ceremonies and the multitude of benefits of consuming this super food. Closing with a yogic five element dance: in celebration of love, life, and all that we are!