



JUNE

23RD - 28TH

# — SILENT YOGA AND MEDITATION RETREAT

**JUNE 23-28, 2023**

**ZEN ON THE RIVER, LEWISTON, NY** —————

## **The Mind Cannot Compete with Consciousness...**

During these five days we dive deep into the healing powers of silence and the higher vibrations of consciousness. Through extended meditation and the inward journeying of a silent retreat, we allow the wisdom of consciousness to penetrate deep into our stories, our wounds, and reveal and clear what has been hidden below awareness.

In silence we witness and observe instead of react. With nowhere to land, we can allow our inner dramas flow through. It is an opportunity to let go and allow our beings to do what they know how to do: Create order and wisdom, love and healing.

We are here to get underneath our egoic stories and patterns, and make our way back to our Selves.



**Facilitated by:**

---

**Antonia**

Registered Psychotherapist,  
Ayurvedic Counsellor,  
Meditation and Yoga Teacher



**Facilitated by:**

---

**Michelle Compas**

E- RYT500 Yoga Instructor,  
Yoga Nidra Instructor,  
Meditation Teacher, Reiki

### **To Accompany you on your Journey...**

**Michelle** will take the healing into body, moving the energy, facilitating detox, and deepening the surrender through movement and breath. She will lead you through your Hatha postures and breath work during the day, facilitating a practice that will assist in circulating the energies and releasing the tensions of the body.

In the evening Michelle will guide you with gentle Yin, Restorative asanas, and Yoga Nidra to direct you deeper into your Self. All practices assist in calming the sympathetic nervous system allowing our being to process and let go.

**Antonia** works by raising your vibration while you journey into your healing silence. She will lead meditations and provide daily reflections to connect you to your Self. Through one-on-one sessions and ongoing energetic and emotional support, you will be deeply accompanied throughout the five days.



---

## TENTATIVE RETREAT SCHEDULE

### **Friday, June 23rd**

3:30 - 5:00 PM - Arrival

5:30 PM - Dinner and Opening Discussion

8:30 PM - Silence

### **Saturday, June 24th - Tuesday, June 27th**

7:00 AM - Meditation

7:30 AM - Breakfast

8:00 - 10:00 AM - Unscheduled Time or Session

10:00 AM - 12:00 PM - Asana/Meditation

12:00 PM - Lunch

1:00 - 3:00 PM - Unscheduled Time or Session

3:00 - 5:00 PM - Meditation and Check-In

5:30 PM - Dinner

7:30 - 8:30 PM - Evening Meditation, Yoga

### **Wednesday, June 28th**

7:00 AM - Meditation

7:30 AM - Breakfast

8:00 - 9:30 AM - Unscheduled Time

9:30 - 11:00 AM - Meditation and Asana

11:00 AM - Break Silence/Debrief

12:00 PM - Lunch and Check Out

**4 MEDITATIONS DAILY**

**2 YOGA CLASSES DAILY**

**3 DELICIOUS VEGETARIAN MEALS DAILY**

**ROOF TOP PATIOS, HOT TUB, RIVERFRONT VIEW**



## RETREAT INFORMATION

Please arrive and check in between 3:30- 5:00 PM on June 8th.

We will have dinner together at about 5:30 PM, followed by brief introductions, discussion about expectations and routine, and then initiate silence after a meditation at approximately 8:30 PM.

This is a no technology retreat. Cell phones must be left at home or in vehicles.

Yoga is suitable for all abilities. Some meditation experience is recommended.

### INVESTMENT:

- **5 nights** - \$1200-1650 CAD + HST, depending on room selection and availability.
- Rooms include both single and shared occupancy.
- 50% deposit required to reserve a spot and room. Contact Toni to discuss room options.
- Full Payment is due by June 1, 2023.
- All payments are final and non-refundable.
- Payment Methods: Cash, e-transfer ( preferred), Visa or Mastercard. Please indicate at time of registration which form of payment is preferred.

**FOR MORE INFORMATION OR TO REGISTER:  
ANTONIA@TRIBETOCOLLECTIVE.COM  
OR CONTACT VIA TRIBETOCOLLECTIVE.COM**

*“We may need to feel the agony of our resistance  
to achieve the gift of our surrender.” ~Antonia*