

# YOGA RETREAT September 18-20, 2015

Join Master Chef Ronica Sajnani and Sundara Method's Angela Jarvis-Read for a weekend of delicious Indian food, hiking on the Bruce Trail and rejuvenating yoga classes. Relax, revitalize and refresh with a weekend out in the beauty of nature. The fall colours will be out in all their splendour!

**THE YOGA** [www.sundaramethod.com](http://www.sundaramethod.com)

Classes will be designed around the experience and physical literacy of those who attend. We will combine gentle flow, restorative and yin yoga. Meditation, pranayama and yoga philosophy will be woven into our classes. All levels welcome.

**THE FOOD** [www.ronicacooks.com](http://www.ronicacooks.com)

**Ronica Sajnani** is a renowned chef. She was born in Amritsar in the Punjab where she learned to blend the kormas, dahls and halwas of north India from her mother who brought them with her when she married. Her paternal aunts shared the secrets of recipes from Coorg -- sambhar, payasam, pundy (pork) curry, dosai, plantain with coconut. As Ronica began to travel she added intriguing variations to the traditional dishes – a dash of Moscow's famous vodkas lend a spirited 'zing' to her Nimbu-pani. China's lomein noodles provide a novel alternative to rice with her curries. Middle Eastern food traditions also enrich her table.

---

## ITINERARY

### Friday

Arrive at your leisure any time after 6 PM. We will have a meet and greet and hearty snacks available for when you arrive. We will have a camp fire (weather permitting).

### Saturday

7:00AM Sunrise Yoga

8:45AM Breakfast

10:00AM Hike the Bruce Trail from waterfall to waterfall.

12:30PM Picnic lunch on the Trail

1:30PM Free Time

4-5:30PM Sunset Yoga

6:30PM Cocktails and Q&A with Chef Ronica

7:30PM Indian Dinner prepared by Ronica

### Sunday

8-9:30AM Sunrise Yoga

9:45AM Brunch

**PRICE:** \$500CAN. Early Bird Special: \$450CAN (Until September 7, 2015)

Room selection is on a first come first serve basis. All rooms will be shared accommodation. Please contact us for further details and to reserve your spot for this special and unique retreat experience.

Email: [info@189stonehillroad.com](mailto:info@189stonehillroad.com) or call: 519-369-7209

---