

2021 Haida Gwaii Iyengar Yoga Summer Retreat with Louie Ettling



The Iyengar Yoga Community on Haida Gwaii has been hosting retreats for nearly twenty years. Normally these occur out of Cacilia's Bed and Breakfast in beautiful Tlell, but in 2020 the COVID-19 pandemic prevented us from meeting in-person. In order to gather and practice we transitioned to an online retreat, and it is our pleasure to announce that we are offering another online retreat this summer with senior Iyengar Yoga teacher Louie Ettling.

5 Day Retreat: Sept 1-5, 2021
Daily Schedule: 9-11:30 am
Price: \$200

Islanders will get the first option to participate until June 30, 2021. If there are still spots remaining, registration will then open for off-islanders, but an off-islander waitlist can be started right away.

Who is eligible? Any practitioner with at least one year of experience, or who has taken classes with Ainsley or Jenn. Students who are not yet known to Louie will need to be in touch with her personally before registering for the intensive.

Over the five days we will study asana from the first three Iyengar Yoga syllabi. Within this range of poses each student will be guided to work at an appropriate level. We will also do some pranayama (breath related study in yoga). Our goal is to support each individual to develop an independent and self-aware practice.

Students not yet known to Louie, please contact her at louie.j.ettling@gmail.com

For any other questions and to register contact Jenn at jennkchow@gmail.com