

Yoga & Bodywork for Somatic Therapy

Training Retreat in Lantzville, BC

March 30th to
April 6, 2024

PM Arrival March 29th -

AM Departure April 7th



Embodied learning . . .

Join us in the scenic hills of Lantzville, BC. Located a short drive from Nanaimo airport, this training retreat has been curated to provide a nourishing retreat setting to best support your embodied learning. Between sessions, relax in the private pool and hot tub, walk the grounds, or rest on the patio as you take in the ocean views.

For your convenience, a gourmet breakfast and lunch are provided for you each day. In the evenings, you may prepare your own meals in the student kitchen or can go out to one of the local restaurants, all within a short drive of the retreat centre.

*Please email stefani@mandorlayoga.com with your accommodation request and provide her with your first and second choice. We will do our best to accommodate your request.

WHAT'S INCLUDED

GOURMET MEALS

Gourmet breakfast and lunch are provided each day.

8 DAY TRAINING RETREAT

6 days of training in yoga & bodywork for somatic therapy +
2 days of in-person training in Level 2 ISTP methodology.

ACCOMMODATION

Relax in the private pool & hot tub between sessions.

Accommodation Options



King suite with private washroom and balcony

- Bed 1 (King), \$1392 + GST (includes meals)
- Bed 2 (Twin), \$1392 + GST (includes meals)
- Request to have this room as a single, \$2311 + GST (includes meals)



Queen Suite with Private Washroom

- Bed 1 (Queen), \$1302 + GST (includes meals)
- Bed 2 (Twin), \$1302 + GST (includes meals)
- Request to have this room as a single, \$2131 + GST (includes meals)

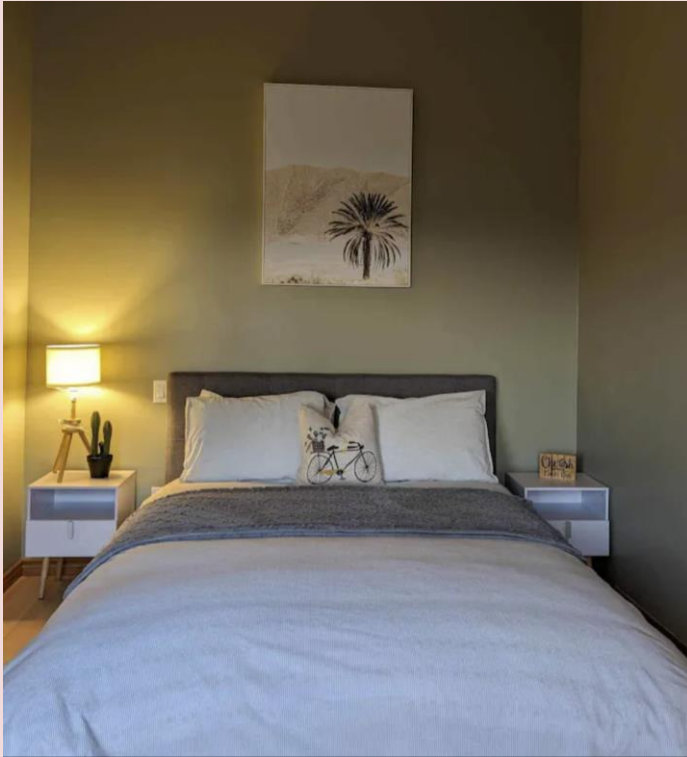
Meal Information



You will be provided with a warm meal for breakfast and lunch each day. Each meal will include options that are gluten free, dairy free and vegetarian. Meals will include eggs, fish, and chicken.

Once the accommodations have been filled, we will open opportunity for students who are attending off-site to request being included in the meal plan.

*A list of restaurants and other helpful information is provided at the end of this document.



Queen Room with shared washroom, deck access

- Bed 1 (Queen), \$1202 + GST (includes meals)
- Bed 2 (Twin), \$1202 + GST (includes meals)
- Request to have this room as a single, \$1931 + GST (includes meals)



Queen Room with shared washroom, basement level

- Bed 1 (Queen), \$1202 + GST (includes meals)
- Bed 2 (Twin), \$1202 + GST (includes meals)
- Request to have this room as a single, \$1931 + GST (includes meals)



Double Room with shared washroom, basement level

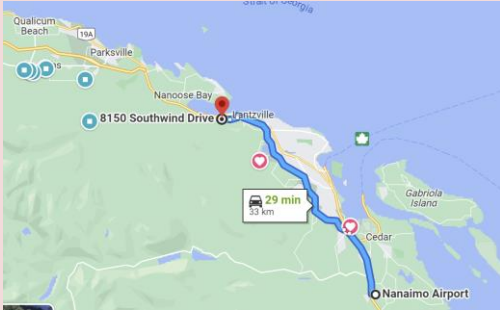
- Single Room (Double), \$1352 + GST (includes meals)



Additional Accommodation (not pictured)

- Single (sofa bed in den), \$927 + GST (includes meals)
- Shared Bed 1 (twin in bonus room, no windows), \$927 + GST (includes meals)
- Shared Bed 2 (twin in bonus room, no windows), \$927 + GST (includes meals)

For your Stay . . .



Address: [8150 Southwind Dr. Lantzville, BC](#)

. . . 29 min from Nanaimo Airport

. . . 22 min from Departure Bay Ferry



Arrival & Departure . . .

ISTP Level 2 - Please arrive by 7 pm on March 29th. Training completes March 31st after dinner.

Yoga & Bodywork - Please arrive by 7pm on March 31st. Departure is April 7th after breakfast.

What to Bring . . .

For training, please bring, 1 yoga mat or Thai Massage mat, 1 bolster and 1 yoga blanket. During your stay, you will also have access to the private pool and hot tub. Remember to bring swimming attire, as well as clothing for walking the beach and overall clothing appropriate for Island weather in the Spring. (We suggest checking the weather prior to packing for your trip.)

Where to Park . . .

We have a limited number of parking spots. To reduce our impact on the environment and to ensure that we are able to provide you with a parking spot, we kindly suggest that you consider car sharing for this retreat.

Connect with Nature . . .

[Lantzville Lookout Loop](#) (2 km from the retreat)

[Huddleston Beach access](#) (4 km from the retreat)

[Blueback Beach access](#) (8 km from the retreat)

[Arbutus Grove Provincial](#) Park (6 km from the retreat)

[Nanoose Bay](#) (10 km from the retreat)

Where to Eat . . .

There are an abundance of restaurants and grocery stores in nearby Nanaimo, Nanoose Bay, Parksville, and Qualicum Beach areas.