

Yoga & Native Horsemanship Retreat

With Drew Rouse

Join us on our journey into the heart of the B.C.
Wilderness to stretch and rediscover intact nature.

Imagine:

You arrive to a viking longhouse style lodge deep in the Canadian wilderness. You are given a handmade custom pair of traditional moccasins and two, made to order, relaxed zen fitting organic outfits. A hemp bag with all your organic toiletries & shown into the log stronghold. As you enter you smell lavender & a faint scent of the beeswax candles that are glowing in each elementally rustic room you pass. You can see into a large empty log yoga room, with it's wood floors, blue/grey granite fireplace and it's floor to ceiling windows that look out onto a blue, green, glass flat lake. Then on to rolling wild grasslands dotted with spectral green ancient forests & up to towering blue, grey mountains with their white peaks glistening in the sun. You meander through the spacious lodge and out onto a mossy trail leading to your clean, uncluttered cottage sanctuary. Organic sheets, the scent of forest, lavender and a faint aroma of honey & savories from the kitchen all blending and wafting in your open window. The relaxing sounds of nature blend with the quiet laughter of other guests conversing lightly on the terrace. A warm breeze brushes you as you stroll over to your picture window and gaze out onto your unspoiled surroundings. Your heart leaps at the sounds of horses coming in from the pasture. You smile as you slip into your eco robes. 6 days of active mediation, stretching, riding horses, exploring the eternity of your inner self within the rare and pristine expanses of this wilderness adventure.

Hot Wilderness Yoga & Active Meditation

- ◆ Morning 1 hr gentle restorative Yin yoga class in a fire warmed log room.
- ◆ Afternoon 2 hr Bikram yoga advanced class at a mild pace in a fire heated hot log room with a refreshing dip after in the pristine lake just outside the door.
- ◆ Evening 1 hr therapeutic Flying /Partner stretching yoga class.

Native Horsemanship

- ◆ Wild Horse viewing on wild lands.
- ◆ Equine energetic healing ground work.
- ◆ Round ring Equine anatomy interactive.
- ◆ Daily mellow trail rides through open, wild and untouched lands.
- ◆ Cool down and horse care.
- ◆ First Nations perspectives on the Horse.

Activities

✓ Horseback riding

✓ Swimming

✓ Wildlife viewing

✓ Canoeing

✓ Fishing

✓ Archery

✓ Yoga, yoga, yoga!!

✓ Hiking

✓ Sailing

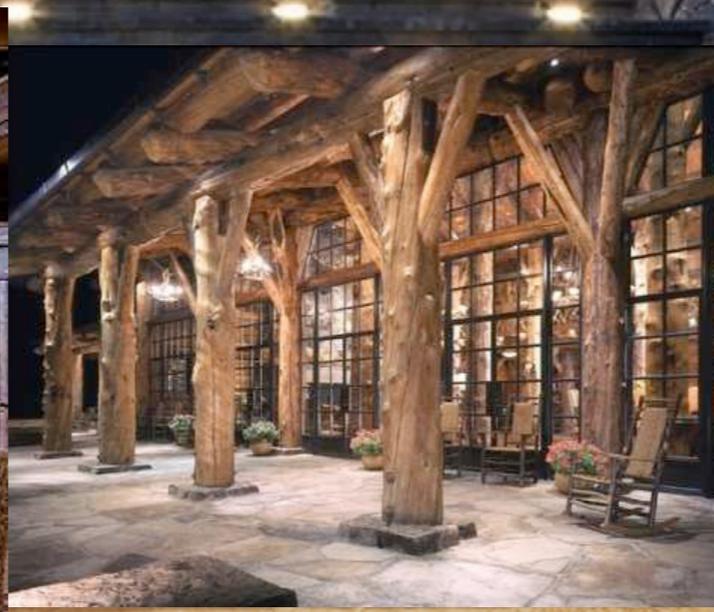
✓ Dancing

✓ Medicine picking

✓ Native Crafts

Viking Longhouse Lodge

Salt water hot tub
8 person sauna
Bath House
2 fireplaces
4 Guest Cabins (1-3 oc.)
Off the grid solar powered
Eco-friendly lodge



What's On The Menu?



Our entire menu is organic & sourced as local as possible

- ◆ All organic, no exceptions
- ◆ Mostly raw food meals
- ◆ Some Wild foods
- ◆ Vegetarian, Vegan & Gluten-free options
- ◆ Small portion organic or wild meats available

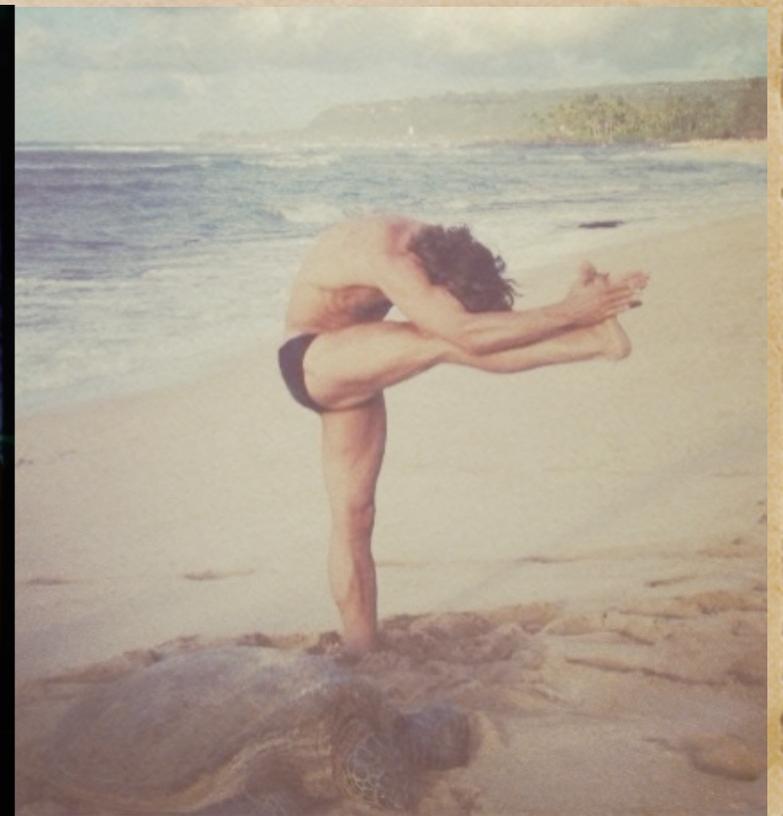




Drew Rouse



Your Host: Drew Rouse is a senior Bikram Hot Yoga instructor with 11 years of experience teaching beginners & advanced Bikram classes, Yin Yoga and therapeutic “Flying” (partner yoga) to thousands of students all over the World. Drew has done countless yoga retreats and also offers asana seminars and Hatha yoga philosophy talks. See more at: <http://drewrouse.com/sample-page/yogi/>



Itinerary

- ◆ DAY:1 - Half day. Arrive from Vancouver and get settled in at the lodge by noon.
- ◆ Get changed and have a light meal, go for a walk around the property to get oriented, see horses then do first Bikram hot yoga class. Go for a swim after class.
- ◆ Eat dinner and have a fire and meet First Nations ambassadors for stories and history of the region.
- ◆ DAY:2 -8am: Breathing/Pranayama and quiet meditation
- ◆ 9am: Light breakfast
- ◆ 10am: Hip opener, Yin yoga class for 1.5 hours.
- ◆ 11:30: Swim, Sauna and or shower up.
- ◆ 12:30: Ground work with horses and riding.
- ◆ 2:30pm: Brunch
- ◆ 3:30pm: Round ring Native horsemanship seminar with David Setah and Chief Roger.
- ◆ 6pm: Bikram hot yoga seminar, demonstration and class
- ◆ 8pm: Candlelight Dinner
- ◆ 10pm: Fire, Light Music, couple stretching, hot tube, sauna, free time.
- ◆ DAY:3 -Same, but ride from 3:30-6pm and after dinner trip to traditional lodge Xení Gwet'in legends by firelight.
- ◆ DAY:4 -Same but 3:30-6pm canoe trip on lake.
- ◆ DAY:5 -Same but fast day with Sweat lodge from 2:30-4:30pm. Then light Bikram class, mostly asana corrections and benefits.
- ◆ DAY:6 -Half day. Same but from First Nations wild food foraging from 12:30-2:30 and traditional food prep. lunch. Depart for Vancouver.

The Chilcotin region has been called
“The Tibet of North America”



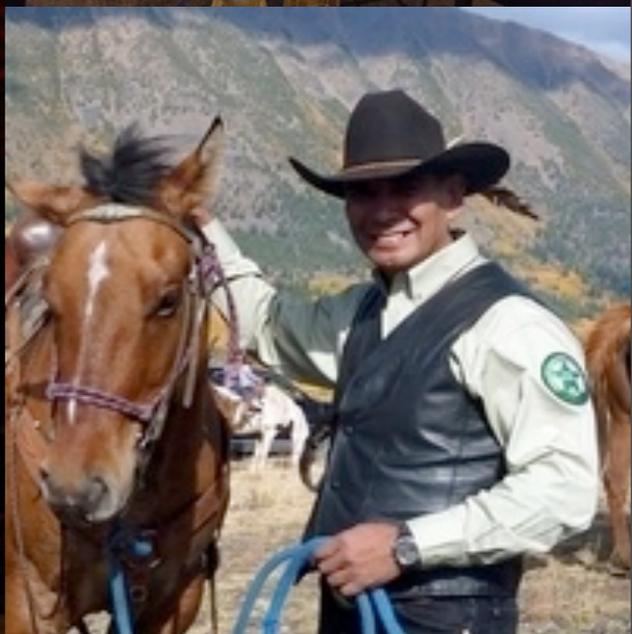
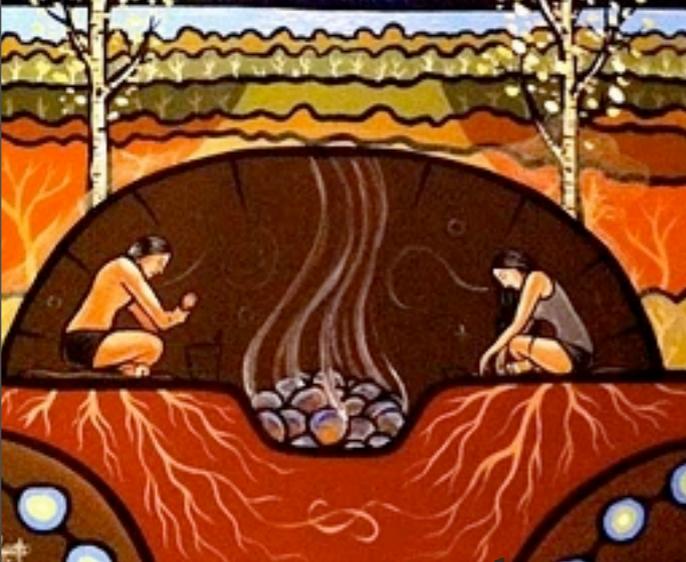
Amazing wildlife viewing



Xeni Cultural Events



- ◆ The Sweat Lodge
- ◆ Medicinal Sacred Herb Baths
- ◆ Dream Quests
- ◆ Fireside stories & legends in traditional lodge
- ◆ Traditional Horsemanship
- ◆ Native food and medicine gathering
- ◆ Xeni Gwet'in culture and history
- ◆ Xeni Gwet'in traditional drumming and singing

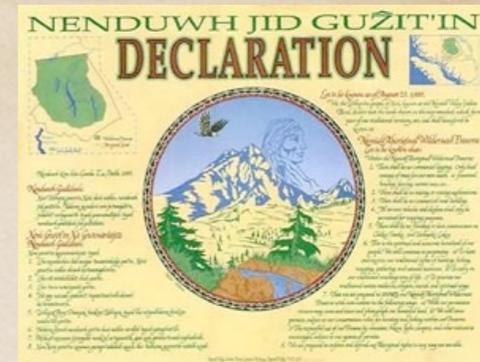


Sweat Lodge





Xeni Gwet'in of the Tsilhqot'in Nation (People of the Blue Water)



Etiquette: The Tsilhqot'in First Nations have fought for hundreds of years to protect their sacred homeland from radical outside forces. In doing so they have preserved these lands so we can now enjoy them. Please respect their few rules!

Respect for the Legend of Ts'il?os

The first thing people should be aware of when visiting Xeni is that you should not point at Ts'il?os or his wife ? Eniyud. This would bring bad luck to the person who pointed. The people of the area also consider it disrespectful to point at people.

Respect for the Land and Waters

The people of Xeni appreciate outside visitors to be considerate of the land and waters of the area.

This includes but is not limited to:

No littering;

No use of off road vehicles in the park and territory in the Xeni Gwet'in's caretaker area.

If you plan to tour the land contact the Xeni Gwet'in Visitor Info Centre to book a guided, non-mechanized tour. Please respect the privacy of our communities and do not travel off road, across residential properties or disturb old homesteads and equipment. Mechanized and off-road vehicles are restricted to designated roads only – prior to visiting please consult with Xeni Gwet'in or check the website for up-to-date information;

No cutting trails or clearing roads;

Leave all gates as you find them; and

Backcountry hikers and backpackers should only use established routes and local guides.

Please refer to <http://www.xeni.ca> to read about more requirements for etiquette around the Xeni Gwet'in Care Taker area.

Price List

5 day retreat prices. (Just double for 10 day retreats)

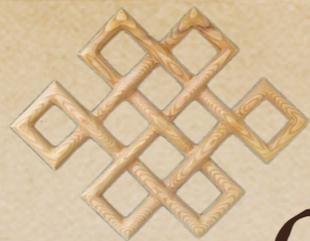
- ◆ Groups of 4 or more \$3000.00 per person
- ◆ 1-3 guests, \$3200.00 per person
- ◆ We have a 12 person limit so book soon.
- ◆ Must be 18 years of age.
- ◆ All attendees must sign a waiver.
- ◆ All attendees must arrive in Vancouver, B.C. before 12 noon on first day of retreat.

Price does NOT include airfare to and from Vancouver, B.C. international airport.

Your Jedi Wilderness Gear

Each guest will be given 2 organic outfits, eco-toiletries, bathrobe and a pair of handmade Xeni Gwet'in moccasins. Each guest must bring their own riding boots.





For More Information
and Booking Contact:

Drew Rouse at:

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805.886.8380

Thank You!

