Our Iyengar yoga Haida Gwaii retreats are held at Cacilia’s Bed and Breakfast in beautiful Tlell. The enthusiastic local Iyengar yoga community provides props. We have been holding these retreats for about seventeen years, sometimes twice per year. It is recommended that off-islanders give themselves a few extra days in Haida Gwaii, as the culture and history of the Haida and the beauty of the island deserve time outside of the retreats.

9 day retreat: August 22, 2019 to August 30, 2019 (arrival day for off islanders August 21, departure day for off-islanders August 31).

This is an all-level retreat. In order to register participants need only to check in with Louie. There will be no online registration for this retreat.

We will study/practice yoga five and a half to six hours per day, depending on the day. The daily yoga will include meditation, pranayama, active poses and restorative poses. As per Iyengar yoga teachers’ training, each student’s realities (age, health, yoga history, nature) will be respected as best possible. The maximum number of students attending will be 24.

What is different for this 2019 retreat is that islanders will get first option to participate. Their deadline for registration will be March 31, 2019. If there were any spots left after that, registration will open for off-islanders. Off-islanders can register on April 1, 2019. However an off-island waitlist can be started right away.

Food will be vegetarian, plus fish. Special food requirements might be accommodated, with early notice.

The cost for islanders will be $700 for nine days of yoga. Islanders arrange meals with Cacilia, should they want to.

The full cost for off-islanders for the nine day yoga retreat is $1,650 (full accommodation, three meals per day plus yoga). All fees include taxes.

Daily schedule
8:00 - 9:00 Pranayama/meditation
9:00- 10:00 Light Breakfast
10:00 am – 12:30/1pm Asana class (progressively building over 9 days)
12:30 pm – 2:00pm Lunch
2:00 – 4:00pm/4.30 pm Asana class (hip work and inversions)

Participants are requested to honour quiet mornings (no social conversations until lunch time) and to respect silence after 9 pm.

For any questions, text Louie 778 245 3553 or email louie.j.ettling@gmail.com

Full payment for islanders is due March 31, 2019. Full payment for off-islanders is due April 30, 2019. All payments are to be made via interac e-transfer.