

Valuable Retreat Information for the SOYA Annual Retreat with Special Guest Yoga Master Rod Stryker!



Get ready for a great weekend of Yoga with Rod Stryker and a great group of yogis! We hope this information will help you to prepare for the event!

What to Bring with you:

- Your bathing suit and Beach Towels (please do not take Naramata Centre towels to the beach). We will be located right on Okanagan Lake so start your tan early!
- Shampoo and other toiletries... the accommodations at Naramata Centre provide all linens, blankets, bath towels and bar soap.
- Bring a water bottle. Naramata has a new water system so you can refill it from the taps!
- A flashlight... the streets of Naramata Village are dark at night
- Your yoga mat and any props you like to use
- Your neti pot and tongue cleaner for morning kriyas (we will have them for sale too)
- Paper and pens for taking notes
- Coffee or tea if you like it early in the morning... Naramata Centre kitchen does not open until 7:45am. Your accommodations do have a tea kettle and coffee maker with filters.
- Snacks as desired. There is only one General Store in Naramata Village.
- Some spare change or credit cards... There will be yoga products for sale from Rod Stryker and others (**malas, jewelry, neti pots, deities, arati lamps, Om bells, wall hangings & much more!** Gift Shop hours will be:

Friday 1-5:30pm, Saturday 8-9am, 12-3pm, Sunday 8-9am, 12pm (packing up)

There is a great bookstore at Naramata Centre too!



Registration at the Retreat:

- Registration begins at 1pm, Friday June 11th.
- **Please NOTE: A large group is departing from Naramata Centre on Friday. Some rooms may not be ready until 4pm. However we would like to have EVERYONE registered by 5pm.** Then everyone can place their mats in the Gym at 5pm so we are ready to begin at 5:45pm

What to expect in your Registration Package:

- The Retreat Agenda (updates are posted at <http://www.soyayoga.com/stryker.html>)
- A certificate of attendance (for Yoga Alliance CEUs and Teacher Training Credits)
- A map of Naramata Centre (there is a Labyrinth, Sacred Garden, & Chapel)
- A map of Naramata Village
- Your room key (if applicable)
- Your Name Tag (**this must be worn to get into the Workshop areas and for Meals**). We ask that during the Workshops with Rod, you put your name tag at the top of your mat so he can see who you are. Your Name Tag will also indicate your Row placement in the Hall for each session, the meals you are booked in for (just in case you forgot!), and on the back of it any special diet requests you have made.
- If you have brought family members who are NOT participating in the Retreat, a Name Tag will be provided for each of them indicating their entrance into the **Saturday evening KIRTAN with Matthew Marsolek** and any meals they have booked. **Please remind them to wear their Name Tag at these times.**



Regarding the arrangement of Yoga Mats:

- Shoes will be left outside the room on the patio. **Please try not to bring extra “things”** to the session so you can leave some free space around you.
- **The placement of yoga mats is important.** Please note the tape on the floor indicating where to place your mat.
- For the first session you can place your mat anywhere. For each following session, you will place your mat according to the colour of your nametag, and each session the colours will rotate from front to middle to the back of the Hall. This way everyone has a chance to be in the front rows.
- We will have assistants helping with mat placement. After each session we will ask you to remove your mat to allow time for the custodians to clean the floor. **Mats will be rotated according to the colour of your Name Tag, so everyone has the opportunity to be closer to the front.**



Airporter Arrangements:

- Once you arrange your flights, please let us know your arrival and departure times, flight #, and which airport; either Kelowna or Penticton. The more we group people together, the cheaper your cost will be for the airporter. **You will need to bring cash to pay for the airporter at the registration desk.** It is much cheaper to arrange it this way.
- Current Naramata Centre Airporter rates are
 - From Penticton Airport - \$35 for one person, \$20 each for 2 or more
 - From Kelowna Airport - \$75 for one person, \$40 each for 2 or more
 - From Penticton Bus Depot - \$30 for one person, \$15 each for 2 or more
 - The Penticton Airporter has more expensive rates to Kelowna but we can only fit 9 max on the Naramata Centre Van, and it is a 3.5 hour turn around.... We will try to negotiate the same rates with them but cannot guarantee this... we will confirm your rates with you after May 15th.
- Please provide us with this information by **May 15th** if you need our help arranging the Airporter.

Meals at Naramata Centre:

- **There is no dinner served at Naramata Centre for our group on Friday night. You will need to eat in the Naramata Village or in Penticton prior to your arrival. Places to eat in Naramata include the Naramata Pub (Camp Creek Station), a small bistro (Village Grounds), take-out Pizza (Rocky's Pizza), a Chinese Food restaurant, and The Heritage Inn.**
- Your **Name Tag** will indicate on it the meals you are booked in for, and on the back of it any special diet requests you have made. It is important you **wear your Name Tag to all meals.**
- If you are staying in accommodations or camping at Naramata Centre, you have registered for the FULL Retreat, including all meals from Saturday Breakfast to Sunday Bag Lunch.
- If you are staying somewhere off the Naramata Centre (ie: motel, friends, home), the meals you have booked will be indicated on your Name Tag.
- All **Vegetarian and Special Diet requests** will be noted on the **BACK** of your Name Tag. *If you have requested special dietary needs, please tell this to the staff in the kitchen AT EACH MEAL. They have prepared something special for you, but need you to identify yourself.*
- We will take a collection for a **Gratuity for Staff at Naramata Centre** at Saturday evening Dinner. This is shared with staff from all departments following the retreat.



Meal times: Saturday Breakfast 7:45am- 8:30am
Saturday Lunch 12:15pm to 1pm
Saturday Dinner 6pm to 7pm
Sunday Breakfast 7:45am to 8:30am
Sunday Bag Lunch 12:30pm departure

How to Find Naramata Centre:

Coming from the North (Kelowna area): **Coming in on Hwy. 97 cross the bridge over the River channel on to Eckhardt Ave. *Follow Eckhardt Ave. straight up until you reach Intersection at Government St. (you will cross the Main St. of Penticton on the way). *Cross Government St. and go left up Haven Hill Road. This will turn into Johnson Road going right at the top of the hill. *Follow Johnson, which turns into Upper Bench Road, until you get to the stop sign at Upper Bench Rd. and McMillan Ave. *Turn right onto McMillan, which turns into Naramata Road (by the stables). *Follow Naramata Road through orchard country for roughly 9 kms. and take the sharp downhill left onto Robinson Ave., which takes you into Naramata. *Go straight down to 3rd St. and turn left. *Cross the little bridge and on your right will be the office in McLaren Hall.

Coming from the South (Vancouver area): **Coming in on Hwy 97 cross the bridge and turn left on to the Channel Parkway bypass at the traffic lights. *Follow the Channel Parkway along, passing Art Knapps and Canadian Tire, until you come to Eckhardt Ave. *Turn right on to Eckhardt Ave. and follow the same bolded directions as above.

