

What can I expect from this event?

We call these events Immersions (instead of retreats) as they are a deep dive into powerful practices and teachings. While the practices can be accessed from any level of experience, they are potent and profound and can create true transformation in the time we are together. The days are full with lectures, yoga practices and meditations, relaxations, amazing meals and deep conversations with an incredible group of people.

You can expect to be challenged, expect to be supported, expect emotional release, breakthroughs and bliss. You can expect to leave the Immersion feeling brighter, clearer, more peaceful, and fully inspired to take the next steps forward in your life.

Who are you all anyway?

We are very devoted practitioners of this yoga. We live this stuff in each moment. While we take the teachings very seriously, our vibe is light-hearted, humorous and accessible. We are super down-to-earth and chill. We work hard to make these events an amazing experience for everyone who joins us from a place of deep love and devotion.

We also create a very supportive space for this growth, which every single person who comes to these events contributes to.

Alright, so who comes to these events?

Students from around the world join us for these Immersions. People come from all different backgrounds with varying levels of experience. Some folks have never ever practiced yoga and others are yoga teachers or have been practicing for years. No matter where you are today you will be able to gain great wisdom and experience from this Immersion. Some folks are holistic health practitioners, yoga teachers, healers wanting to expand in their profession and others are here to experience their own healing and growth. The one thing everyone has in common is that they are truly amazing and ready to move to the next level of their lives.

Tell me about Shady Creek- where does all this take place?

Shady Creek is an outdoor school that host group of kids from the city to experience the beauty and wonder of nature. It's on gorgeous land, with trails to explore the terrain including Shady Creek itself. The main hall is an amazing doom structure surrounded by windows and

filled with natural light. It is the perfect container for the powerful work we will be doing!

What are the accommodations like?

The rooms are simple cabin dorms. Each room is clean and simple and has a number of beds, shelves for storing your belongings. And yes, there is electricity for charging your devices! The buildings are very well insulated and each cabin has a heater or a fan for keeping the temperature comfortable year round. Your room will meet your needs while you are with us. Honestly, we do not spend much time in the rooms other than for sleeping!

Can I get a private room?

There are a very, very limited number of private rooms available. This is a summer camp so it is not designed like a hotel or resort. We save the private rooms for couples who are willing to pay the additional \$150 for a private room. We get lots and lots of requests for individual private rooms and we understand the desire to have your own space during an event like this. It really isn't an option for us to offer single private rooms if we are to accommodate everyone who would like to attend. Camping is also a wonderful option if you would prefer more privacy. (see below).

Who will be in my room with me?

You will be sharing your room with a few wonderful people who have traveled from all over to make it to the retreat- just like you! We are sharing this powerful journey together and your roommates are a great support for you. You will meet some phenomenal folks at the Immersion!

We do our best to give people as much space as possible so if you are in a shared cabin there may be only 2 or 3 other people of the same sex staying with you unless you are in one of the larger rooms. Remember this is a summer camp, so just like summer camp we have to get out of our comfort zone a little at first. After the first day you will be right at home and won't want to leave!

What about camping?

Camping is a great option at Shady Creek. Shady Creek offers many quiet camp spaces that are close to bathhouses and the main hall. This is a wonderful option for participants who want more privacy and

to enjoy the beautiful setting at Shady Creek. We offer help with tent set up upon arrival if you choose to camp. Please bring the camping gear you need to be comfortable and all the other items to bring for yoga, bathhouses etc.

What type of bedding should I bring?

It is best to bring a pillow and a sleeping bag. Most of the beds are twin/full size in case you decide to bring sheets. You could also bring a small blanket that you can also take to the main hall for sitting on or covering up with during savasana. You can use this blanket up as a pillow too if you are trying to pack lightly.

What are the bathrooms like?

There are separate bathhouses near all the cabins with enclosed private shower and bathroom stalls. It is a good idea to bring flip flops for the showers and a bathroom bag to easily transport your toiletries and towel. You will need to bring a towel and any body care products you need for the bathhouse. For the full list of what to see the Attendee Info Sheet on the registration page.

There are no private bathrooms.

What about the food?

The food is amazing. It is organic, vegetarian and local whenever possible. There are plenty of choices for vegan and allergen-free diets. There is no meat at this event to go with the yogic traditions we are practicing from. This is an opportunity to really experience the more subtle, or sattvic, energies available to us when we eat nourishing, pure foods.

What do I need for yoga?

Please bring a yoga mat, a cushion, and a yoga blanket, yoga rug or sheepskin. The floor of the hall is hard so it helps to have a blanket or sheepskin to sit on. There are chairs in the room if you need to sit in a chair and you stand up or shift position if you need to during lectures

Is the yoga going to be really hard? I am getting in over my head?

There will be some challenging moments for sure, but nothing impossible that you will not be able to work through. Attendees of these Immersions are at all levels of experience, with all sorts of physical, mental or emotional challenges they are working through. When we all come together, we work as a group, so if there is one thing you can't do, you can rest and know that that is perfectly okay and jump back into the practices when you can. It is always best to rely on your own wisdom when practicing and ease up when you need too. If you have a specific health concern, please consult with your doctor or healthcare practitioner before attending these events.

What are the days like? Are we practicing yoga all day long?

The Immersions have a great flow between yoga practice, meditations, lectures, meals and breaks. You are welcome to rest when you need to or go on a walk, get some fresh air, etc any time you need.

What should I wear?

Please wear clothes that you are comfortable sitting and practicing yoga in. It is optional to wear white clothing and a scarf, bandana, hat or other head covering. The head covering helps if you tend to feel spacy after practicing pranayama or meditations. We recommend bringing layers too. The mornings can be cold if you get up early for sadhana and the weather can be changeable in this area.

What is sadhana?

Sadhana is a beautiful morning practices. It starts with a recitation of Jap Ji- a mantric poem that many of the mantras of Kundalini Yoga come from. Then there is a short kriya (yoga set), a short relaxation and a meditation or chanting. This is an optional practice and you can also come to the main hall and sleep during sadhana which can be a very blissful experience.

What are the morning Basic Classes all about?

These classes are designed for new students of Kundalini Yoga and offer a more indepth explanation of the practices for students of all levels. We highly recommend anyone who is new to this yoga to attend these classes for key tips on getting the most out of these practices and to insure you are doing them correctly.

Is Childcare available for this event?

We do not provide childcare for the Immersion. Please arrange for your children to stay with friends or family so that you can attend the event.