



We are only a few weeks away from gathering at Sorrento Centre for the SOYA Annual Yoga Retreat, June 2-4 with **Doug Keller**.

Here are some important details!

Registration will begin at 2pm June 2nd in the **SORRENTO MEMORIAL HALL** across the street from Sorrento Centre on Passchendaele Road. After registering with SOYA you should proceed to check into your accommodations. If you are at Sorrento Centre, proceed to their main administration building for your keys. If you are at a B&B or local motel, proceed to check in there.

All meals for those who purchased them are served at the Sorrento Centre dining room.

Tables for Products to sell!



It isn't too late to request a table for selling your products. You can set up Friday afternoon or evening in the Richardson Conference room. We ask for a \$20 donation to help cover the meeting room rental for the weekend. A basket will be set out for donations when you set up your table. Table cloths are not provided so please bring yours with you.

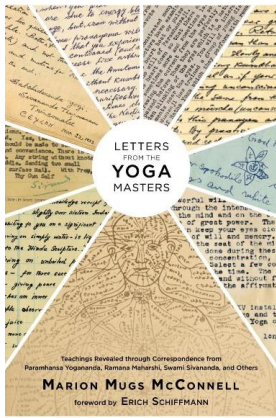
Below is a list of products we currently have for sale to get you inspired! Plus, the shopping area is a great place to gather and chat and meet with other participants. I want to be sure that I haven't missed any requests so here is the list below. If your name is not on it and you would like a table or 1/2 table please [email us](#) right away.

- Gwen - malas and jewelry
- Lindsay - handmade Eco soaps
- Anne - All Natural original Aromatherapy Products: Chakra Blends, Yoga Mat Cleaner
- Tracy - wheat bags and eye pillows
- Kory - something fun I am sure!
- Carla - the amazing Dharma Desk!
- Yinet - Handmade Jewelry, Yoga mats, & other yoga products
- Maggie - Essential Oil of Rose
- Angela - Yoga Inner Spirit Reflection Cards & Sacred Money Archetype readings

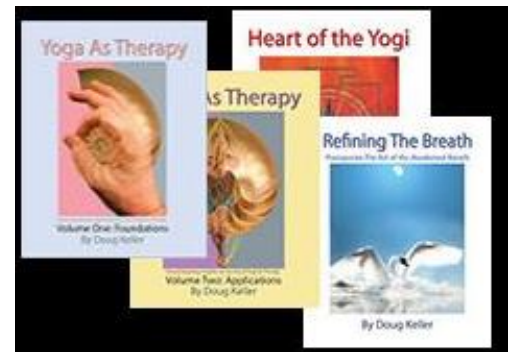


Please remember that you manage all your own sales. It will be open Friday 2-5pm, and Saturday during breakfast 8-9am and from 1-3pm. Sunday during Brunch from 9:15-10am, and after lunch while people pack up. *If you won't be at your table, please leave a sign on it telling people when you will return to take their payments.*

Sorrento Centre bookstore is right in Richardson lounge. They have lovely cards and lots of books to sell, including Mug's Book, *Letters From The Yoga Masters*



Doug Keller will also be selling his books, likely in the Sorrento Community Hall where we meet.



What to Bring with you to the retreat:

- The weather is unpredictable in June so bring clothing you can layer. We hope for sun but you may want an umbrella in case it rains!
- Shampoo and other toiletries if you are staying at Sorrento Centre. The accommodations at Sorrento Centre vary in what they provide. You would have been informed when you registered what you need to bring. Questions? email conference@sorrento-centre.bc.ca
- A water bottle so you can hydrate during sessions.
- A flashlight... the grounds at Sorrento Centre are dark at night
- Your yoga mat and a strap - any props you like to use but keep in mind space is limited.
- Your bathing suit and Beach Towels (please do not take Sorrento Centre towels to the beach). We will be located right on Shuswap Lake - but it may be cold!
- There are lots of yoga items for sale so bring spare change or credit cards! If you already have Doug Keller's books, bring your copy for him to sign.

Directions to Sorrento Centre:

If you are coming from the direction of Salmon Arm on Highway 1, as you enter the town of Sorrento there will be a PetroCan gas station and HOME Restaurant on your right and then a street light. The next street is Caen Road, then on the right the Shuswap Motel and Passchendaele Road. Take this road to the left. Just past the Shuswap Motel is the entrance to Sorrento Centre on your right. To your left is the Fire Hall and then the **Sorrento Community Memorial Hall**, where most of our retreat sessions will occur.

If you are coming from the direction of Kamloops on Highway 1, you will come to an exit for Shuswap Provincial Park and Roderick Haig Brown Provincial Park on your right. From here continue for another 8.5 kms winding along Shuswap Lake. There will be a sign on the right for Lessard Excavating. Go past one more street and turn left onto Passchendaele Road (it says Coates Road on the right side of the hwy). Take Passchendaele Road and you will pass the school on your left. The entrance to Sorrento Centre is just past the school on your left. Sorrento Community Memorial Hall is on your right, and this is where most of our retreat sessions will be held.

Here is a google map link or the visual [Google map for Sorrento Centre](#).

We are so looking forward to seeing you all soon! If you have questions, send us an email to info@soyayoga.com Bob & Mugs