



Teaching Excellence since 1995.

We are excited to be gathering at Sorrento Centre for the 2025 SOYA Annual Yoga Retreat, May 30-June 1 with Rolf Gates: Trusting The River, Yoga As A Way Of Life

Here are some important details! Please READ carefully so nothing is missed.

Registration will begin at 1pm Friday May 30 in the SORRENTO MEMORIAL HALL on Passchendaele Road, across the street from Sorrento Centre. Come check in with us for your registration package and to pick up any pre-ordered goodies at the Hall!

If you have a room at Sorrento Centre, at a B&B or local motel, proceed to check in there. For those staying offsite, you will also need to go to the Sorrento Centre office to receive your meal accreditation tags from the Centre, even if you are only taking part of the included continental breakfast.

*Staying offsite?? If you did not pay this fee at the time of your retreat registration, and you have decided to stay offsite instead of at the Sorrento Centre, this \$25 fee must be paid at their office on Friday. *Check with Elaine if you are unsure if you have paid this already**

We will have ongoing Asana Classes on Friday afternoon 1:30pm, 2:45pm and 4pm at the Sorrento Memorial Hall, hosted by SOYA lead faculty members, for you to stretch out and relax after your journey!

All MEALS

Continental Breakfast is complimentary for those that have also booked Lunches and Dinners with the Centre. All meals are vegetarian and served at the Sorrento Centre dining room. If you did not book meals with the Centre, there is a Home Restaurant, Subway, Frankies Pizza, Steamers Coffee, and Mediterranean Greek Restaurant in the Village.

Not sure you booked your meals? Call Sorrento Centre at 250-675-2421 and avoid disappointment! Lunches and Dinners must be booked in advance!

[View the Weekend Event Schedule here.](#) We will have copies printed for you at Registration.

WHAT TO BRING with you to the retreat:

- Your yoga mat, any props you like to use, and a blanket to sit on.
- Cash to purchase any pre-ordered books and tshirts when you register on Friday. Also cash to buy the yoga items for sale by vendors and the fundraising table in Sorrento Memorial Hall.
- A notebook and pen to take notes.
- Help us with our Seva Scholarship Fund! Bring any gently used yoga props or books that you wish to donate to the Seva Scholarship Fund, where funds help bring deserving folks into yoga classes or to attend the SOYA retreat. (Table will be in Sorrento Hall)

- Clothing you can layer and an umbrella - the weather is unpredictable in June. 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. Questions? email registrar@sorrento-centre.bc.ca or call 250-675-2421.
- Ear plugs if you are sensitive to traffic noise as the Trans Canada Hwy goes by the Centre.
- A water bottle so you can hydrate during sessions.
- A flashlight... the grounds at Sorrento Centre are dark at night.
- Your bathing suit and towels if you wish to brave the lake! It could be beautiful. (please do not take Sorrento Centre towels to the beach).

TABLES for PRODUCTS to sell will be at the SORRENTO MEMORIAL HALL!

It isn't too late to request a table for selling your products. You can set up Friday at the Registration area so everyone can see what you have! All products need to be packed up by Saturday evening as we vacate the hall by 9am Sunday. Bring a TABLECLOTH if you want one.

Please remember that you manage all your own sales. The Hall will be open Friday 2-5pm, and approximately 30 minutes or more before and after each session. If you won't be at your table, please leave a sign on it telling people when you will return to take their payments.

SOYA will also have tables of second hand yoga goods to sell to collect funds for our **Seva Scholarship**. If you have items to donate to this cause so if you wish to donate, please bring your gently used yoga themed books and props along!

Directions to Sorrento Centre and Sorrento Memorial Hall:

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 you will see the Shuswap Lake Motel on Passchendaele Road. Take this road to the right. Just past the Shuswap Lake 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, as you near Sorrento you go past an exit for Shuswap Provincial Park and Roderick Haig Brown Provincial Park on your right (don't take this exit, just notice it). Continue on Hwy 1 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 called Coates Rod, and turn left onto Passchendaele Road (it is Kinghorn Rd on the right!). Taking 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.

I am attaching a map below (in the pdf in case you wish to print it) as well for you. The google map link or the visual Google map for Sorrento Centre is a little less accurate.

OUR contact phone number is Becky's at 403-710-4294. If you have questions, give her a call or send us an email to hello@soyayoga.com We are so looking forward to seeing you all soon!

Mugs, Becky & Elaine

