



Canadian yogi Elizabeth Stenning's connection to Africa is long, deep and heartfelt, resulting in a Retreat Activity Agenda inspired by her love of nature, people and the planet itself. She will expertly guide you through gentle yoga (catered to any skill level), encourage you to find stillness in meditation, assist you in discovering a more authentic breath, and support your spiritual growth with journaling tips. You will practice yoga with school children and create malas with traditional African beads, while experiencing all the comforts and decadences of a Five Star African Safari.

After trying yoga as a teen, Elizabeth felt immediate benefits and was hooked. An exploratory five year stint living in Southern California in her 20's exposed Elizabeth to many different styles of yoga, meditation, chi gong, and spiritual discovery, shaping her into the compassionate yogi she is today.

In 2000, like so many of us with a "busy life", Elizabeth allowed her practice to slide until a job related stress-induced illness brought her to a pause. Realizing this was a chance at a new and more skillful path, Elizabeth again embraced her practice, taking her yoga Teacher Training in order to share this discipline she loves with others. Along the way several advanced teachings have followed such as Yin, Restorative, Children's, Pregnancy and Seniors Yoga, to name a few.

An intensive meditation and Pranayam study in the Himalayas furthered Elizabeth's depth of knowledge and helped her realize first hand that being immersed in another culture is the ultimate way to fully absorb the deep benefits of a "retreat".

Elizabeth's heart centered non-judgemental approach to teaching leaves her students feeling nurtured, grounded, supported, encouraged, body aware and connected to their authentic self ... not to mention more flexible! After a recent Yin class a student commented "Thank you Elizabeth, that was like a soothing warm bubble bath combined with a big hug from an old friend" :)

Would you enjoy cultivating tools to create greater balance in your everyday life, while experiencing the most primal place on earth? Even if you are new to yoga, does an African Safari combined with a nourishing Five Star Retreat sound irresistible? If so, Elizabeth's gentle and playful yet professional approach to teaching may be the perfect combination to fulfill your physical, mental and spiritual needs and exceed your emotional expectations.

Namaste, the Spirit in me, sees the Spirit in you, and honours it.