

THE TANTRIC PATH

with Swami Vivekananda Saraswati
Weekend Workshop 28-30 September, 2007



GENERAL INFORMATION

Contact: Maureen or Andrew Salkeld at +1 (819) 459-4420 or agamacanada@hotmail.com for any information other than accommodation, which is detailed below. The workshop is non-residential. There will be lunch breaks on Saturday and Sunday, so pack your own lunch and eat in the delightful grounds of La Grange Yoga Studio, in the nearby Gatineau Park, or at one of our yummy local restaurants by the river in Wakefield. Healthy snacks will be provided during the mid-morning, afternoon, and evening breaks. At the workshop we will give you a guide to local restaurants. Also check out the Wakefield website at www.wakefield-qc.com.

DAILY SCHEDULE: Friday 28 September: 6:30 p.m. Registration, 7:00 p.m. first session. More details will follow. Workshop ends at 4:00 pm on Sunday.

PAYMENT

To reserve your place in the workshop: Please send a check made out to Maureen Salkeld/Agama Yoga and mail to: 93 Morrison Heights, Wakefield, QC J0X 3G0 Canada.

- **Deposit:** \$100 per person, due now to hold your space. Balance due on arrival Friday, 28 September.
- **Payment in full:** \$220 per person, or \$400 per couple (tax included).
- These amounts are refundable (except for \$50) up to 21 September, 2007.

ACCOMMODATION OPTIONS

1. **La Grange**, in addition to providing a delightful large Yoga Studio, is also a charming country inn with bed and breakfast facilities. It is obviously our **first choice for accommodation**, as you will then be staying right at the workshop location. Call Adam on site at +1 (819) 459-3939 to book your room or visit the La Grange website at www.lagrangecountryinn.com. Note the locator map on the website.
2. **Les Trois Erables** is an older and elegant bed and breakfast located in the heart of the village of Wakefield, opposite the General Store and near the river. Its website is www.lestroiserables.com. Contact +1 (819) 459-1118.
3. **Auberge de Mon Petit Chum** is a newer bed and breakfast that you will find on Burnside Road, a quiet residential street in Wakefield. Contact Auberge at +1 (819) 459-1814, or visit its website: www.monpetitchum.com.
4. **Le Moulin/Wakefield Mill Inn and Spa** is a full hotel, which is slightly more up-market. Its website is www.wakefieldmill.com and phone number, +1 (819) 459-1813.
5. **The Alpengruss** is an older restaurant and motel, also fairly central and very popular. Phone +1 (819) 459-2885. Its website is www.alpengruss.ca.