

## MANIPURA POWER YOGA RETREAT

QUEBEC, CANADA

### QUEBEC RETREAT INCLUDED

- Daily Yoga class
- Accommodation in Motel Aux Portes du Soleil (4 nights)
- Healthy Breakfast (Continental with healthy choices as fruits) at Motel Aux Portes du Soleil
- Superb Sunday brunch @ Hotel The Farm, with visit to local market and local foodies and crafting. 5 minutes walk from Motel.

### QUEBEC ACTIVITIES

**Walking distance from Motel Aux Portes du Soleil** (see map )

- Spa and treatments visit (5 minutes walk) <http://www.legermainhotels.com/en/charlevoix/spa/>
- River or sea kayaking (Pick up point is 20 minutes away walking distance, than a shuttle is provided to reach drop off point) <https://katabatik.ca/en/>
- Visiting the arts galleries and crafting boutiques on St-Jean Baptiste street, walk along the St-Lawrence river.

### Outdoor activities that need a car

- Bike around the Isle Aux Coudres (15 minutes by car, than free ferry to the Island. 22km of flat sea shore road, beautiful views and a nice Cider production to visit : <http://vergerspedneault.com/>. Bike rental <http://www.velocoudres.com/fr/>
- @ 30 minutes by car the National Park Les Grands Jardins with the Mont du Lac des Cygnes hike (8,2 or 12km hike moderate level. Astonishing views @ 360degrees on the St-Lawrence, mountains and plains. <http://www.sepaq.com/pq/grj/> (10\$CAD access fee)
- @ 50 minutes by car, the National Park Des Hautes Gorges hike the Acroplole des Drapeurs, 8km hike difficult level. Astonishing canyons views on Malbaie river. <http://www.sepaq.com/pq/hgo/>. (10\$ CAD access fee)
- Quebec City Visit (60 minutes drive to old town)
- Whale Observation with AML Cruises, 95 minutes drive on the panoramic road along the St\_Lawrence rive to reach the entrance of the fjord du Saguenay. By boat or with a zodiac (\$CAD 80,43\$ per person for the boat, and \$CAD 86,68 with zodiac that id more sportive) The cruise make also an incursion into the fjord. <http://www.croisieresaml.com/>
- Black Bear Observation

## **ITINERARY**

### **DAY 1: Thursday JUNE 22ND**

5:30 pm Participants introductions

6:00 pm Yoga (Asana) Practice 60 to 75 minutes. Indoor to a local 4 minutes walk or outdoor to the peer or forest`

Town visit around art galleries and crafting boutiques on St-Jean Baptiste street

Walk along the St-Lawrence river

### **DAY 2 : Friday JUNE 23RD**

7:00 am Yoga (Asana) practice 60 to 75 minutes

8:30 Breakfast @ the Motel

9:30 National Park Des Hautes Gorges visit and hike the Acroplole des Draveurs (50 minute drive each way and 4 to 5 hours hike)

### **DAY 3: Saturday JUNE 24TH (NATIONAL DAY OF QUÉBEC)**

6:00 am Yoga (Asana) practice 60 to 75 minutes indoor (to a local 4 minutes walk) or outdoor to the peer or forest

7:30 am Breakfast @ the Motel

8:30 am Drive to Isle Aux Coudres bike riding following a 1:10 panoramic road drive

3:00 pm Excursion to whales watching (if time and weather allow)

Dinner at Baie St-Paul and enjoy eventually the shows and fireworks of the National Day @ 5 minutes walk from the Motel.

### **DAY 4: Sunday JUNE 25TH**

6:00 am Yoga (Asana) practice 60 to 75 minutes

7:30 am Breakfast Brunch @hotel The Farm (included) with local market product

8:30 am Visit National Park National Park Les Grands Jardins with the Mont du Lac des Cygnes hike (3 hours hike)

Late afternoon and Dinner Quebec city

### **DAY 5: Monday JUNE 26TH**

7:00 am Morning Yoga (Asana) practice 60 to 75 minutes indoor (to a local 4 minutes walk) or outdoor to the peer or forest

8:30 Breakfast

Check out at 12:00 pm

Optional River kayaking available in town

\* Transportation, Entrance, rentals and meals in visits not included.

### **CHECKLIST OF WHAT TO BRING**

- Yoga Mat
- Yoga mat towel
- Water bottle
- Passport
- Required visas (if not a US citizen or resident)
- Travel Insurance
- Yoga clothing
- Outdoor clothing (sunscreen, hats, swimsuit, raincoat, hiking shoes)
- For park visiting, hiking or whales watching, **warm layers** , & hiking shoes are recommended, as in the park, the hikes can climb near 3000 feet.
- Road Bike if not bike rentals are available at <http://www.velocoudres.com/fr/>

### **MEALS**

Only breakfast included. Lunch and dinner can be done in group with our site-seeing but each participant pays their own meal and drinks consumption.

### **RESTAURANT SUGGESTIONS: (all walking distance from our Motel)**

#### **\$\$\$- Le Mouton Noir**

Intimate bistro style along the river- terrasse - cuisine of French inspiration with local products

#### **\$\$\$- La Diapason**

French Alsatian kitchen cosy and excellent food.

#### **\$\$- Ah La Vache**

Micro bistro - bring your own wine: Switzerland at its best - raclette-cheese fondue

#### **\$\$\$ - Chez Bouquet (rue St-Jean Baptiste) 418-435 6839**

Wide menu - biological products

#### **\$\$- St-Pub (rue St-Jean Baptiste) 418-240-2332**

Best local beer production with world wide medals, pub food super terrace on the main street.

**\$ - Joe Smoked Meat (rue St-Jean Baptiste) 418-240-4949**

best smoked meat ever....

### **TRANSPORTATION**

Not provided. The group can decide to car pool once we have the list of participants. Cars will be needed to get to visiting areas. Road Trip!

### **GROUP SIZE**

Max 12

### **PRICES PER PERSON (4 nights)**

Single occupancy Room USD \$600

Double occupancy Room USD \$470

Triple occupancy Room USD \$425

Family Room 4 occupancy USD \$400

\* Includes Daily Yoga class, Accommodation in Motel Aux Portes du Soleil (4 nights) , Breakfast and Sunday Brunch

### **CONTACT**

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