



## **TOFINO, CANADA**

**Senses of the Soul Yoga Retreat  
June 2-4, 2017**





# WELCOME!

Drishti Journeys founder, Reinier Voorwinde, and yoga teacher, Andrea Mikkelson, welcome you to the **Senses of the Soul Yoga Retreat**. We will be staying at the Eco-Lodge at Tofino Botanical Gardens, located on a 12-acre waterfront site surrounded by old growth forest in the Clayoquot Sound UNESCO Biosphere Reserve. Nestled on the west coast of Vancouver Island, Tofino typifies the majesty of the Pacific Northwest, boasting flawless natural beauty accentuated by a tapestry of vibrant communities. If you love yoga, mother nature, enjoy building community, time to wind down and to disconnect, this journey might be a match made in heaven for a weekend of rejuvenation and outdoors bliss.

## THE SCHEDULE

### **Day 1: Friday, June 2**

Arrive at Botanical Gardens, Check-in  
Opening Ceremony: Andrea Mikkelson & Reinier Voorwinde  
Yoga: Andrea Mikkelson  
Group Dinner

### **Day 2: Saturday, June 3**

Coffee/Tea & Morning Snack  
Yoga: Andrea Mikkelson with DJ Drishti  
Group Breakfast  
Free-Time/Optional Excursions (next page)  
Yoga: Andrea Mikkelson  
Group Dinner

### **Day 3: Sunday, June 4**

Coffee/Tea & Morning Snack  
Yoga: Andrea Mikkelson  
Group Breakfast  
Guided Beach Hike  
Yoga Photography Session: Reinier Voorwinde  
Closing ceremony: Andrea Mikkelson & Reinier Voorwinde



## WHAT'S INCLUDED

Two (2) nights accommodation at Tofino Botanical Gardens  
Daily yoga and/or meditation sessions lead by Andrea Mikkelson  
Use of all amenities at Tofino Botanical Gardens  
Beverage and snacks between meals (excluding alcoholic beverages)  
Gourmet breakfasts and dinners prepared by a private chef  
Kitchen demo by a private chef  
Yoga photography session lead by Reinier Voorwinde  
Live music provide by DJ Drishti  
Guided hikes throughout the retreat

## WHAT'S NOT INCLUDED

Transportation to/from Tofino, Canada  
Lunches are not included  
Optional gratuities for your guides

## OPTIONAL EXCURSIONS (SATURDAY)

### **Guided Rainforest Hike**

12pm-3pm (Free)

### **Kitchen demo with a private chef**

4pm-5pm (Free)

### **Tofino Food & Wine Festival “Grazing in the Garden”**

For more info visit: [www.tofinofoodandwinefestival.com](http://www.tofinofoodandwinefestival.com)

Time: 1pm-4pm (\$120)

### **Pacific Surf School: Surf Lesson**

For more info visit: [www.pacificsurfschool.com](http://www.pacificsurfschool.com)

Time: 1pm-4pm

\$349 for private group lessons of up to 2 people

\$85/pp for up to 5 people



# CELL SERVICE

It is highly recommended that you contact your carrier prior to your trip, and you should add international dialing, roaming, etc. to your plan for Canada. Most carriers will allow you to add and remove this service for the specific dates of travel. Seriously consider this to avoid expensive roaming charges. Schedule reminders to turn the additional service on prior to travel and turn it off upon your return, especially if you plan to use your cell phone as a GPS device for directions. Alternatively, print driving directions in case cell phone service is spotty.

## GETTING THERE

### YOUR DESTINATION: TOFINO BOTANICAL GARDENS

For detailed driving directions, enter the address below or visit [www.tbgf.org](http://www.tbgf.org).

Address: 1084 Pacific Rim Hwy, Tofino, BC V0R, Canada

### GETTING TO TOFINO BY AIR

Tofino's tourism site offers informative solutions to traveling to Tofino by air, as well as transportation options once you arrive. For more information visit [www.tourismtofino.com](http://www.tourismtofino.com). **Tofino-Long Beach Airport (YAZ):** This is your most direct option for flying into Tofino-Long Beach Airport. For a list of carriers that fly directly to YAZ visit [www.tofinoairport.com](http://www.tofinoairport.com).

### BC FERRIES

Please note advance ferry reservations are highly recommended on all routes during weekends, holiday periods and summer months. If traveling via Vancouver, British Columbia, Vancouver Island and Tofino can be accessed by vehicle from the British Columbia mainland. For information and schedules visit [www.bcferries.com](http://www.bcferries.com). If driving from British Columbia mainland, you'll first need to travel with BC Ferries from one of these points near Vancouver to Vancouver Island:

**Horseshoe Bay - Departure Bay:** The Horseshoe Bay terminal is north of Vancouver and this ferry route takes just under 2 hours, arriving at Nanaimo's Departure Bay.

**Tsawwassen - Duke Point:** The Tsawwassen terminal is south of the city, closer to the USA border. This ferry route takes approximately 2.5 hours, arriving at the Duke Point terminal, about 15 minutes south of Nanaimo.

**Tsawwassen - Swartz Bay:** The Tsawwassen terminal is south of the city, closer to the USA border. This ferry route takes approximately 2 hours, arriving at the Swartz Bay terminal, about 30 minutes north of Victoria.

### WASHINGTON STATE FERRIES

**Reservations** are highly recommended. Reservation space will become available February 2, 2017, at 7:00am PST for the spring schedule (April 2 - June 10). Reservations for future sailing seasons become available 2 months prior to the start of that sailing season. Book reservations at [www.wsdot.wa.gov](http://www.wsdot.wa.gov). Vancouver Island can also be accessed by three ferry lines originating in Washington State:

**The Clipper Ferry:** Year-round, daily passenger ferry service between Seattle and Victoria. Visit their website at [www.clippervacations.com](http://www.clippervacations.com).

**Black Ball Ferry Line:** Year-round, daily vehicle and passenger ferry service between Port Angeles and Victoria. For details visit [www.cohoferry.com](http://www.cohoferry.com).

**Washington State Ferry:** Seasonal, vehicle and passenger ferry service between Anacortes or the San Juan Islands and Sidney (30 minutes north of Victoria). Visit their website at [www.wsdot.wa.gov](http://www.wsdot.wa.gov).

# FAQ

**Do I need to bring a passport?** If you are arriving here from outside of Canada, by the time you make your way to Tofino you will already have been cleared through Canada Customs. Government regulations require all visitors arriving in Canada by air, from the United States of America and elsewhere, to have a valid passport. As of June 2009, those arriving via land or sea points of access will also need a passport or a passport card (a new form of identification available for US citizens). Additional documentation may be required, such as a visitor visa or alien card permitting entry.

**What should I pack?** Tofino is noted for a relaxed lifestyle, with casual attire acceptable at even the most sublime of restaurants. The best advice is to dress for the activities you are likely to be taking part in during your visit and be prepared, as you never know what Mother Nature will have in store for you on any given day! Prepare to dress in layers with lightweight shirts, a sweater or fleece layer. Even during summer, your layers will be well used. If you are hiking or exploring the area on foot, hiking boots or sturdy footwear with a good tread are recommended. While summer months can bring t-shirt and shorts weather, the constant, refreshing Pacific breezes and drifts of marine mist will make a sweater or fleece a welcome addition. Don't forget to pack a hat, sunscreen and sunglasses for when the sun shines brightly on Clayoquot Sound.

In addition we recommend that you pack the following items:

Water bottle

Yoga mat

Yoga or workout clothes

Swimwear

Toiletries

Camera + battery charger

Journal

Cell phone + cell phone charger

Walking or hiking shoes

Optional small pack if you plan to hike

And... an open heart + your lovely energy!





**What will the yoga studio be like?** The classroom is carpeted with vaulted pine ceiling. There are also ample windows for natural light and/or ventilation. There is also a small tea kitchen. A small selection of bolsters, blocks and straps are available.

**What kind of food will be provided?** Daily breakfast and dinner will be provided by an on-site private chef, with snacks available throughout the day. We will send out a food questionnaire and ask for food sensitivities or food allergies prior to departure.

**Do I need to reserve and/or pay for any optional activities before I arrive?** No, you can book them while on property, but please feel free to make reservations in advance.

**Do you have recommendations for lunch on Saturday?** On property is the Darwin's Cafe which operations May through the end of September. Visit their website at [www.tbgf.org/darwins-cafe](http://www.tbgf.org/darwins-cafe). Tofino is famous for its cuisine and offers a wide-range of restaurants. Prior to arrival you can visit Tofino Tourism' website for options at [www.tourismtofino.com](http://www.tourismtofino.com) for a list of restaurant options. Also at the Tofino Botanical Gardens is the 15th Annual Tofino Food & Wine Festival. There is a fee to attend with food and wine pairings being offered. Online advance tickets sales begin April 1. For more information visit [www.tofinofoodandwinefestival.com](http://www.tofinofoodandwinefestival.com).

**Is WiFi available onsite?** WiFi is available at Tofino Botanical Gardens. We recommend that you "unplug" but you are not discouraged from bringing cell phones or laptops.

**Should I bring Canadian dollars, and what is the currency exchange rate?** Everything is included but you are welcome bring some spending money for optional excursions. In most cases, you will get the best exchange rate if you use a credit card to pay for services outside of your local currency.

Currency in Canada is based on the Canadian dollar and is similar to American currency with coinage including pennies (one cent), nickels (five cents), dimes (ten cents), quarters (twenty-five cents), and then the one dollar coin commonly referred to as a Loonie (for the embossed image of a Loon that graces one side) and the two dollar coin called a Twoonie (or toonie). Canadian currency also comes in bills of \$5, \$10, \$20, \$50 and \$100 denominations.

You will be able to exchange currency at a local bank or credit union. Many restaurants, accommodation properties and shops will accept US dollars, but exchange rates will vary. For your convenience, a rate of exchange utility is available at [www.gocurrency.com](http://www.gocurrency.com). This feature is based on current Bank of Canada rates and adjusts daily but will give you an idea of how far your own currency can go while staying in Tofino.

**Can I use my electronics in Canada, or will I need to bring an adapter or inverter?** Canada operates on 110V, 60 cycle electric power just as they do in the USA. Canadian electrical goods come with either a two-pronged plug (again the same as within the U.S.), or a three-pronged plug. Most sockets accommodate both. Non-North American visitors should bring a plug adaptor if you wish to use your own small appliances from home (i.e. razors, hair dryers). If you are visiting from countries such as Australia, that use a higher voltage, you may encounter problems charging your re-chargeable batteries.

# ANDREA MIKKELSON

Andrea found the key to bringing joy and abundance to her life was through her yoga practice. She listened to her inner voice, leaving her career in real estate, to pursue her passion for empowering others to nourish their bodies, minds and souls through the ancient teachings of yoga.

Andrea completed her 500 Hour YTT with Moksha Yoga International in 2013. That same year she attained her certification as a Holistic Health Coach from the Institute of Integrative Nutrition. She further diversified her offering through the completion of Bernie Clarkes Yin Yoga Training in 2015, and 200 Hour Vinyasa YTT with Mocean Yoga in 2016.

A student first, Andrea blends her formal trainings and her own self study, on her yoga mat and in life. She's devoted to inspiring others and has taught thousands of students, with a compassionate energy, to find their voice. Empowering students to flourish by growing their practice; deepening their connection to their breath, strengthening their physical body and enhancing their mental awareness.

As a health coach, Andrea has extensive knowledge in holistic health and nutritional cleansing, which she utilizes to guide her clients in achieving their long-term optimal health goals. When not teaching or with clients, Andrea loves to travel, to meet new people and hear their stories. She loves the ocean, a really good book and music. She has an appetite for delicious clean food and enjoys hosting her friends and family to sample her creations.

Andrea aspires to lead a life of contribution and service to her family, students and community. She desires to do her part in creating a ripple affect of healthier, happier people by inspiring everyone she meets to live a life of abundance.





# THANK YOU!

We look forward to seeing you in Tofino! Most importantly, thank yourself for taking this journey. Please reach out to me directly have you have further questions. Namaste.

Handwritten signature of Reinier Voorwinde in blue ink.

Reinier Voorwinde

Founder, Drishti Journeys

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