

HEART OF PRACTICE RETREAT

Nov 21-23/24, 2025

w/ Fraser (Rishi), Tiina,
and Dana



**Breath of Life: Yoga, Qi Gong,
Pranayama, Kirtan**

The Breath of Life Retreat

A Fall Weekend of Yoga, Pranayama, and Community in the Heart of the Kawarthas

Join Tiina, Fraser (Rishi), and Dana this fall for a rejuvenating weekend immersion at the beautiful Kingfisher Bay Retreat Centre on Stoney Lake, north of Peterborough. Surrounded by the natural beauty of cottage country, this retreat offers the perfect setting to open body, heart, and mind while connecting with yourself, community, and the living world around you.

Retreat Focus

At its heart, this retreat explores pranayama (breathwork) as both a subtle practice and a gateway to yoga, vitality, and clarity in daily life. Through breath practices, asanas with breath awareness, reflective inquiry, and group connection, we'll explore how life force (prana) flows—and where it becomes blocked through stress, reactive patterns, or past imprints. Together we will meet and release these blocks with presence, allowing space for freedom, peace, and deeper integration.

What You Will Experience

- Pranayama techniques to increase breathing capacity and support health
- Yoga asana practices that open the body and deepen vitality
- Reflective practices to explore inner patterns and cultivate clarity
- Group sharing and compassionate guidance in a safe, supportive container
- Healing and integration practices for peace, energy, and connection
- Nature immersion and community rituals to root the experience in the land

Alongside breath and yoga, you'll enjoy Qi-Gong, Yoga Nidra (yogic sleep meditation), meditation, chanting/kirtan, and live music—tuning into what is most essential and coming home to the heart in a way that is joyful, relaxed, and nourishing.

A Conscious Community

This retreat isn't about "getting more prana," but about recognizing that life force is already within you, and learning how to release blocks so it flows freely. In compassionate community, we'll create a sacred space for wisdom, clarity, and presence to arise naturally. Together, we'll share meals, music, and connection, building a felt sense of peace and vitality that extends into daily life.

****FOR YOGA TEACHERS: This retreat can be used to earn additional training credits.
For more info [click here](#)

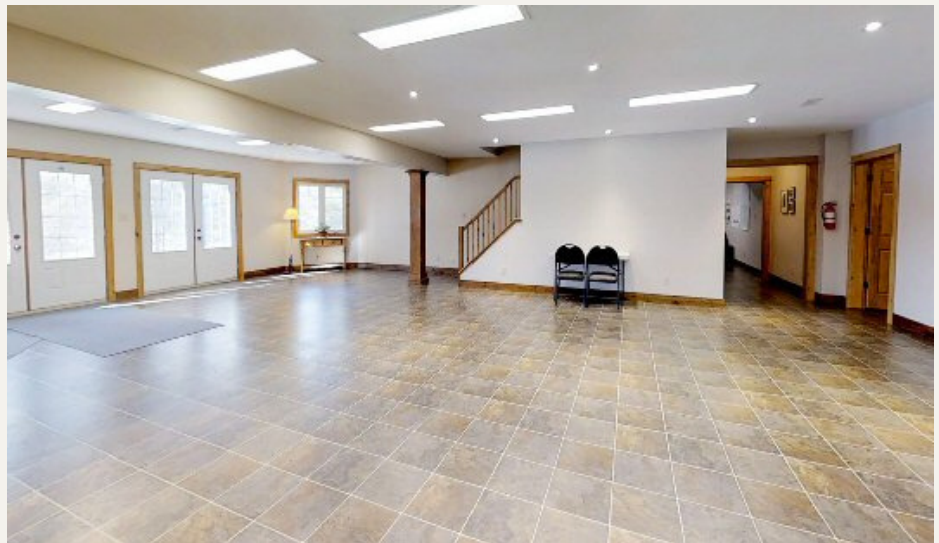


ABOUT KINGFISHER BAY

Visit their [website](#) for more information!

Kingfisher Bay Retreat is located north of Peterborough Ontario, on beautiful Stony Lake. With 27 acres of beautiful forest, trails, waterfront, and comfortable lodge, it promises to be a beautiful location for the Heart of Practice Retreat.

The Retreat Centre features a variety of private and shared rooms with shared bathrooms, king and queen beds, quiet indoor and outdoor spaces, fireplace lounge, a hot tub, waterfront, and a variety of canoes, kayaks, and paddleboards.



REAL REFLECTIONS

PAST RETREAT GUESTS

"Heart of Practice was such a beautiful experience from start to finish. I was so impressed with all the practices - yoga, meditations, outdoor nature walks infused with tai chi, kirtan. Abundance within spaciousness, - the perfect balance."

"the retreat was beautiful in many ways - the vegetarian food, the accommodations, the massage, the walking paths, the weather, the moon, the fire, the music, the relaxation, and of course "the practice of yoga"and on....., but most of all - the feeling of warmth, discovery, community and compassion in the diverse group of human beings who came together!"

"I absolutely enjoyed the retreat with Tiina and Fraser. It was relaxing and rejuvenating - just as I had hoped. I loved the balance of yoga with personal time. I also loved the different offerings of yoga that were perfectly suited to the time of day where they offered. A beautiful experience that will stay with me for a long time!"





TIINA KIVINEN

Tiina Kivinen is a yoga educator and teacher trainer who is inspired by the incredible gifts that the yoga tradition brings to everyday life. With reverence for the teachings and respect for culture, Tiina advocates for the possibilities of healing and transformation that are available to all. She brings a depth of wisdom, compassion and creativity to teaching, and is particularly excited by empowerment-based approaches to mentoring and training teachers. She is passionate about the power of conscious relaxation and brings this passion to her work in the yoga field and also as a Counselling Hypnotherapist.

Tiina is the founder and co-director of the School for Living Yoga with Ally Boothroyd, who together guide 200 hr Yoga Teacher Training, Moon To Moon Restorative Yoga Teacher Training, Transformational Sleep Yoga Nidra Teacher Training, and the School of Living Yoga online studio. Tiina has thousands of hours of training in diverse Yoga approaches, including Kripalu Yoga, Let Your Yoga Dance, Meditation and Pranayama, Ayurveda, Prenatal Yoga, Yoga Nidra and more, and has served as faculty for trainings at Kripalu Yoga Centre and Nosara Yoga Institute.

Tiina is a Registered Psychotherapist (Qualifying) with a Masters in Counselling Psychology, and is a practicing hypnotherapist. Tiina has been teaching Yoga since 2002, and has offered many retreats in Ontario and Costa Rica. She loves hosting retreats with Fraser and Dana, who are beloved friends and chosen family.



FRASER RISHI MCDONALD

Fraser (Rishi) first discovered the deeper aspects of Yoga and Kirtan on a trip to India in 2006. Since that time, he has benefited from many teachers and traditions, but the most profound connection is with his root teacher, Moojibaba, from whom he received the name Rishi.

Regardless of the path, whether Bhakti, Jnana, Hatha, or Karma Yoga, there is a great power and unity that emerges through genuine sadhana. Through grace and good fortune, spiritual practice has helped him heal from a serious brain injury, while transforming his life and relationships in such inspiring ways.

He is a certified Bio-Dynamic Cranial Sacral Therapist, and in addition to being an award winning writer and performance artist, he has completed a mindfulness certification with University of Toronto, as well as 180 hour AYT, 200 hour RYT, and Qi Gong mentorship. His Kirtan and music can be found at hearts-calling.com.



DANA SALAHUB

Long before Dana discovered spiritual music, listening to music felt like a spiritual experience. Beautiful songs compelled her to clear her mind, open her heart, and tune in to the deepest level of her being. At a young age, she discovered a presence in music that inspired her to be as present as possible with each subtlety of sound and nuance of feeling.

Then, almost a decade ago, she started singing Kirtan. Soon she realized: There is some power in the mantras that can't be defined, and when that power is mixed with music, it brings everything to silence and enlivens the heart. Now that same intimacy and presence she experienced while listening to music in solitude are felt in community, in Kirtan, singing with others, and this is a beautiful thing.

PREPARING TO RETREAT YOURSELF

WHAT TO BRING

- COMFY CLOTHES FOR MOVEMENT
- OUTDOOR APPROPRIATE CLOTHES AND FOOTWEAR
- SWIMSUITS AND TOWEL FOR HOTUB/ COLD PLUNGE
- YOUR FAVOURITE YOGA PROPS (WE WILL HAVE SOME TO SHARE)
- JOURNAL AND PEN
- AN ALTAR ITEM THAT REPRESENTS YOUR HEART
- ANY PERSONAL ITEMS/ TOILETRIES/ MEDICATIONS, ETC



ACCOMMODATION OPTIONS

PRIVATE & SHARED OPTIONS

Private King

Room and Food
2 nights: \$510 + HST
3 nights: \$645+ HST
(Paid to retreat centre)

EARLY BIRD until Oct 10

Facilitator Fee **
Sliding scale
2 nights: \$150 - 200
+ HST
3 nights: \$200-250 +
HST

REGULAR PRICING

Facilitator Fee**
Sliding Scale
2 nights: \$200- 265 +
HST
3 nights: 250-300+HST

Double Shared

(2 Queen Beds)
Room and Food
2 nights : \$430+ HST
3 nights: \$555+ HST
(Paid to retreat centre)

EARLY BIRD until Oct 10

Facilitator Fee**
Sliding scale
2 nights: \$150 - 200
+ HST
3 nights: \$200-250 +
HST

REGULAR PRICING

Facilitator Fee**
Sliding Scale
2 nights: \$200- 265 +
HST
3 nights: 250-300+HST

*Accommodation fees are paid directly to the Retreat Centre (to be compliant with the Travel Industry Council of Ontario), information is provided upon registration

Arrival 4pm Friday, November 21 · Departure 2pm Sunday, November 23
Optional add-on: Extend through Monday, November 24 (stay Sunday night for extra rest and integration).

TO REGISTER CONTACT: tiina@living.yoga

Private Rooms are limited and always get booked up quickly so please contact us ASAP, if you would like a private room.

**As much as possible, we don't want money to be an obstacle. If you are inspired to come but need financial assistance, some scholarships are available, please contact us to find out more.

**We are also offering free discovery calls, if you want to have a quick chat to feel out if the retreat is the right fit for you. Fraser (Rishi) @heartscalling108@gmail.com or Tiina @ tiina@living.yoga