

Superior Paddle and Yoga Retreat

June 17th to 22nd, 2018, Rock Island Lodge, Wawa, ON

Welcome

Welcome to the Superior Paddle and Yoga Retreat. We are really looking forward to sharing this unique journey with you. Our intention is to provide you with a venue where you can find the sense of well-being that comes from rediscovering and strengthening the connection that we each share with the natural world around us. The information below will help you plan for what we hope will be a rewarding and fulfilling experience.

The Program

The program offers a good mix of free time and scheduled activities. Please don't feel obligated to undertake all scheduled activities. You are free to take a break or follow your own path any time. In addition to daily yoga and meditation, we have several major outings planned, including an overnight voyageur canoe trip to Minnekona Point, an optional river kayaking expedition, and a day-trip hiking a portion of the [Lake Superior Coastal Trail](#), featuring a meditation at the [Agawa Rock Pictographs](#). Please keep in mind that any outdoor activities, especially those on the water, are subject to the weather so we will adapt the schedule accordingly. Assuming that the weather cooperates, here's what each day will look like.

Sunday June 17th - Arrival

Please plan on arriving anytime after 2 PM on Sunday. You will have a chance to get settled in your room and spend time exploring the property and adjacent Government Beach. There are also hiking and sight seeing opportunities in the immediate vicinity. Naturally Superior Adventures has maps in the office. Then join us for supper and a chance to meet the rest of the group at 6:30 PM. Rock Island Lodge owner David, will treat us to an informative presentation about Lake Superior and surrounding area. David is a wealth of knowledge when it comes to





travelling the waters and lands of Superior so this is a great opportunity to learn what there is to see and do in this region.

Monday June 18th - A Relaxing Day Around the Lodge

Long car rides can be tiring, so the first day at the lodge will be pretty easy-going. We have built in lots of free time, so if you are interested in hiking, renting a kayak or standup paddle board, or taking some watercraft lessons from Naturally Superior, this is a good day to do so.



We ease into the day with yoga at 8 AM then breakfast at 10 AM. Your only other scheduled events are yoga at 5 PM, supper at 6:30 PM followed by a briefing about the overnight trip and then an optional “before bed” meditation where we will practice Yoga Nidra. Between the Yoga Nidra and the soothing Superior surf you are setting yourself up for a great night’s sleep!

2 - 5 PM: Optional Sea Kayak Guided Tour

Be part of our guided sea kayak tour to the base of Silver falls on the Michipicoten River or weather permitting out on Lake Superior. Choose double and single sea kayaks according to your experience. Includes fully equipped sea kayaks, all gear, paddle jackets and farm John/Jill wetsuits. 45\$ person. Minimum 2 people

Other options include Learning to SUP (Stand-up Paddle Board) and Sea Kayaking Basics. Ask about costs for these activities while at the lodge.

Tuesday June 19th - And the Voyage Begins!

If the weather Gods owe you a favour, this is the time to call it in. Depending on Mother Nature’s mood, this is the day we set out for our voyageur canoe trip and overnight stay on the shores of Lake Superior. After yoga and an energy building

breakfast we will cast off. If you have never done it before, you are in for an adventure.



Travelling in a voyageur canoe is a really unique group experience. We are heading to Minnekona Point which is about a 12 kms west of the lodge (see attached map).



Depending on the winds, we are looking at a three to four hour paddle with a shore lunch along the way. We will be led by a skilled and experienced Naturally Superior Adventure wilderness guide, so we are in the best of hands as we explore the rugged beauty of the Lake Superior Shore. All equipment and food will be provided, but if you have a favourite sleeping bag or tent, you are welcome to bring it along. The weather this time of year can be extremely

variable, so please be sure to read the **What to Bring** section and pack accordingly.



Once we get set up at our destination, we'll do some beach side yoga and maybe some beach combing. Then our guide will prepare a delicious supper to enjoy around the campfire!

Wednesday June 20th - A Leisurely return!

After a good breakfast to get us going, we paddle about 2 hours back towards the lodge and stop for some rock-hounding along one of Lake Superior's many ancient beaches. The shore of Superior is a renowned amongst rock hounds and holds many treasures including agates and amethysts. Back at the lodge for lunch, we'll all have some time for introspection. If you're interested, we can talk a short hike to Silver Falls and ancient First Nations Medicine Cave.



Before dinner, we'll get back to our mats and work out any upper body tightness from the paddling trip. After dinner, we'll head to the beach for an evening bonfire and meditation before turning in for a well-deserved rest. Or if the weather doesn't cooperate, we'll stay inside and play with a slow yoga practice called Yin.

Thursday June 21st - The Coastal Trail and Agawa Rock Pictographs



A slower start today. Yoga followed by breakfast, and then a day trip to see the Agawa Rock Pictographs and hike a portion of the Lake Superior Coastal Trail. Located about an hour south of the lodge on highway 17, Agawa Rock is a sacred First Nation's site and represents one of the largest collections of pictographs in Ontario. The site of the pictographs is on a cliff right next to the lake and can only be

accessed when the waters are calm. The .4 km hike to the site is rated as moderate, which means that there are some steep sections and good footwear is required. From there we hike a very scenic portion of the Lake Superior Coastal trail, stopping to enjoy a picnic lunch along the way. When we are ready to will return to the lodge for yoga around 5:00 PM followed by dinner and then some restorative yoga for our last night at the lodge.



Friday June 22nd - Having Found A New Perspective

At this point you may very likely find yourself asking "Where did the time go?" A lot has happened and it seems like only yesterday when you arrived. One more breakfast you will begin your journey home, but you won't be leaving empty handed. You will have a lot of memories, experiences, and maybe even a new perspective on what this life is really all about.



The Program at a Glance

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	7 AM Pers Med	7 AM Pers Med	7 AM Pers Med	7 AM Pers Med	7 AM Pers Med
	8 AM Yoga	8 AM Yoga	9:00 AM Breakfast	8 AM Yoga	9 AM Breakfast
Travel	10 AM Breakfast	10 AM Breakfast	10:30 AM Paddle to Rock beach for collecting	10 AM Breakfast	Travel
	11 AM Free Time	11 AM Voyageur Canoe Trip to Minnekona Point for Overnight on Superior	Return to Lodge and Unpack	11 AM Drive to Agawa Rock	
1 PM Lunch	1 PM Lunch		12 PM Agawa Rock Meditation		
2 PM Arrival and get Settled	2 PM Optional Sea Kayak trip upriver Overnight Trip Preparation	Lunch En Route Set up Camp	2PM Hike to Silver Falls	1:30 PM Picnic Lunch 2:30 PM Hike a Portion of the Coastal Trail	
	5 PM Yoga	Yoga on Beach	5 PM Yoga	5 PM Yoga	
6:30 PM Supper	6:30 PM Supper	6:30 PM Supper	6:30 PM Supper	6:30 PM Supper	
8:00 PM Rock Island Lodge Welcome and Presentation	Supper followed by Overnight Trip Briefing	8 PM Camp Fire and Guided Meditiation	8:00 PM Yin Yoga	8:00 PM Restorative Yoga	
	9:00 PM Yoga Nidra				

The Yoga

We offer a style of Hatha yoga that is accessible to all, with plenty of choices that will allow you to practice at a rate and intensity that is most comfortable for you. There will be a good mix of poses that promote strength, balance and flexibility with an emphasis on mindfulness throughout. If you are interested in learning more about the yoga we teach please visit getyoga.ca and awareyoga.com

What to Bring

Yoga

Please bring your own yoga mat and personal props such as a strap and block if you normally use them to support your practice. As well, please bring your favourite blanket for the Yoga Nidra practice and for savasana at the end of each session.

Voyageur Canoe Over Night Trip



In the voyageur canoe we will be afforded a lot more protection from the water than in a kayak or regular canoe, so although special paddling clothing such as wetsuits or dry suits are not necessary, it is still really important to dress properly. Below is a list (adapted from Naturally

Superior's list at <https://www.naturallysuperior.com/what-to-bring.html>) of things you should bring for our overnight on Superior.

Naturally Superior will provide large waterproof canoe packs that will normally carry the tent and personal clothing of two people. Even though it seems like there is a lot of room in the canoe, please bring only what you think you will need. When on the water, depending on where they are in the boat, direct access to canoe packs may be difficult so you are also recommended to carry a small day pack to hold water bottles, camera, a fleece, rain jacket, suntan lotion, snacks, etc. You may also wish to bring a foam cushion to sit on in the canoe.

Clothing

- * Two pairs of wool socks (leave the cotton socks at home).
- * One warm sweater or fleece jacket (unless you can layer the sweater AND the jacket together, bring one or the other)
- * One good quality waterproof rain jacket and rain pants
- * Two t-shirts (preferably not cotton)
- * Bathing suit - if you are really brave or part polar bear
- * Small travel towel
- * One pair of camp pants (nylon or quick dry)
- * One pair shorts
- * One or two sets long underwear (capilene, polypropylene, merino)
- * Sleepwear that will remain dry (no sweaty t-shirts to bed)
- * Neoprene or fleece gloves/mittens and warm hat/toque (it can get cold on Lake Superior even in July, especially in the evenings)



Good Layering Rules for Cold Water Paddling

- * Layer one: synthetic long underwear.
- * Layer two: farmer John or Jane wet suit (for on water); pants & top of fleece or wool (on land)
- * Layer three: rain gear, wind breaker or paddling jacket.
- * Gloves and hat
- * **AVOID COTTON CLOTHES** for cold water paddling- it dries slowly and will not keep you warm when wet. Having cotton t-shirts in the mix though is fine if the weather is hot – cotton will help you keep cool if you get them wet.

Footwear

Please bring two pairs of shoes:

- * One for water. We recommend water shoes/aqua socks/neoprene booties or sandals that can get wet. Your feet WILL get wet. Be prepared!
- * One dry pair for camp and walking around- no need for hiking boots. These must be a different pair than your wet shoes.

Personal Items

- * Your camera! Don't forget a waterproof case, extra memory card and batteries!
- * A hat for sun protection
- * Sunscreen and sunglasses (with strap) are ESSENTIAL (a lip balm with SPF is a good idea as well.)
- * Personal hygiene products such as deodorant, toothpaste, toothbrush, biodegradable soap, and a hairbrush. Look for environmentally friendly products at your local drugstore or health store.
- * Your personal medication. Labelled clearly, in waterproof containers. Twice as much as you need, in two separate containers.
- * Extra prescription glasses/contact lenses.
- * Field guides on local flora and fauna (optional)
- * Binoculars (optional)
- * Flashlight or headlamp
- * Water bottle (reusable) and insect repellent
- * Bug jacket (optional).
- * Personal journal/reading material (optional)
- * Sleeping bag (small and stuff-able. NO large flannel bags please). Naturally Superior has bags available if you do not have your own. **If you do need to borrow a bag please let us know ahead of time.**
- * Sleeping pad (we have foam-style pads for you to borrow but if you have a cushy "Therm-a-Rest" or "Exped" mat we suggest that you bring it.)



Items You Don't Need to Bring

- * Food (we have lots), camp cooking equipment and cutlery.
- * Toilet paper
- * First Aid and Repair kits
- * Maps
- * Your cellphone/blackberry/iphone (you're on holiday now, plus-it won't work anyway)

Hiking

- * Bring good, sturdy, well-worn hiking boots (with stiff sole and good ankle support) PLUS a pair of light runners or sandals for camp.
- * One pair of socks for each day (you'll feet will appreciate it)
- * Hiking stick (optional). We have ones for purchase in our paddle shop

Free Time

Depending on the weather, and your personal inclinations, there are a lot of things to keep you busy in your free time. Maybe just relaxing and enjoying the view from the comfort of the lodge is at the top of your list. Or settling in and reading a book by the fire may be how you choose to spend your time.

There are hiking opportunities in the immediate vicinity or a short drive will take you to one of Lake Superior Park's many access points.



As mentioned before, Watercraft rentals and or lessons are also available from Naturally Superior Adventures.

If there is anything else you are interested in - just ask. We will do our best to ensure you find something to your liking.

Medical, Dietary and Liability Information

When you're ready to register, each participant will be asked to fill out a couple of simple forms with information important to your health and safety during your stay. If you'd like to preview the form, follow these links:

<https://www.naturallysuperior.com/workshop-medicaldiet-form/>

<https://www.smartwaiver.com/w/5a32dc869811d/web/>

Your Retreat Hosts

Brendon Abram, RYT, is certified in Thai Yoga Massage and Trauma Sensitive Yoga and has a thriving teaching practice at the Studio Above the Grind in Trenton. He is an avid outdoors person and is really excited about yoga in a wilderness setting.



Kellie Dearman has been teaching yoga for 13 years and is also certified in Trauma Sensitive Yoga. Her gentle style incorporates mindfulness and awareness of the breath in every pose. She is adept at providing ample variations to make the work accessible to everyone.



Their complimentary styles focus on creating present moment awareness by developing focus on the breath and body during movement.

David Wells

The Director and owner of Naturally Superior Adventures, David was working as a forester in northern Ontario when he purchased the land at the mouth of the Michipicoten River and started a paddling business and wilderness lodge from scratch. He's a Paddle Canada Level 1 sea kayak and SUP Instructor-trainer, ACA level 4 Coach most recently a BCU 4star paddler. He's most happy teaching sea kayaking or kayak surfing.



