

POWERED BY



YOGA
DES BOIS

PARTICIPANT'S GUIDE

JUNE 3 | HARWOOD NATURE PARK
2ND EDITION • 2023



DESCRIPTION OF THE EVENT

A zen and luminous atmosphere will escape your imagination during the biggest yoga event in Montérégie!

Make your Saturday a day of rejuvenation, inspiration and renewal!

Treat yourself to a moment of relaxation in the middle of nature to decompress and surround yourself with an energy that will free your inner power. Come live this memorable experience to discover the power of yoga.

Come breathe, meditate, taste and move in a naturally stunning setting.

The Yoga des Bois event will take place in an immersive nature setting. It will be a unique moment to get acquainted with yoga, to reconnect with its practice and to recharge oneself with the power of nature and its ancestral places.

Qualified teachers will ensure that quality workshops are offered for all

levels, allowing participants to escape and discover different worlds.

A village will also be set up for the day to offer you the chance to discover some of the region's local businesses. You will have the chance to taste some of their products and try their services.

On the program: conferences and a workshop. Among the themes addressed during the event, there will be yoga, health, wellness, nutrition and alternative lifestyles.



In the program

Conference
Yoga workshops
Meditation
Yoga Village



LOCATION OF THE EVENT

Harwood Nature Park, located at 3900 Harwood Road (former Harwood Golf Club) in Vaudreuil

In case of major bad weather, the event will be postponed.

PARKING

Parking will be available around the site and in the Harwood Nature Park parking lot. As parking is limited, we encourage you to carpool.

SCHEDULE



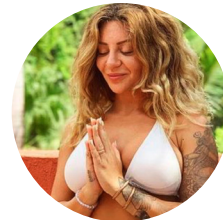
HOURS	WORKSHOP
9:00 a.m.	Opening and visit of the Yoga Village
10:00 to 10:45 a.m.	Yoga 101 - Marie McGuinness
11:00 to 11:45 a.m.	Yoga fit - Joanie Tardif
12:00 to 1:30 p.m.	Lunch* Free workshops and Yoga Village Food kiosks available on site; you can bring your own meal
1:30 to 2:15 p.m.	Meditation and stretching - Sousou
2:30 to 3:15 p.m.	Conference - Ahmed Douhou
3:15 to 4:00 p.m.	Yoga Village



Marie McGuinness



Joanie Tardif



Sousou



Ahmed Douhou

*Bring cash for kiosk purchases or food

MATERIAL

Here is the list of items to bring on June 3

Yoga mat (mandatory)	Water bottle and drink (access to water through the outdoor sanitary building)
Snacks and lunch (food stands available) - cash only; you may bring your own lunch	Walking shoes to move around the site (vast terrain)
Sportswear for yoga workshops	Clothing according to the weather (we will be outside all day)
Waterproof clothing in case of rain	Hats
Sunscreen	Mosquito repellent



Outdoor toilets on site



YOGA VILLAGE KIOSKS

From 9 a.m. to 4 p.m., the Yoga Village will be open and will include several local kiosks.

Bring cash to make your transactions.

Introducing the Eliane Guindon Créations booth. Come and experience a chair massage to relieve your tension, muscle and joint pain.

There will also be unique silk kimonos that will bring elegance to your looks.



go nutrition



Joanie Tardif, étudiante de yoga, professeure de yoga, entraîneuse sur AKTIVATION et propriétaire du Modo Yoga Vaudreuil, vous présentera son kiosque MODO yoga.

GO Nutrition sera collaborateur et donnera 300 échantillons de Go Matcha pour les participants.

The L'effet Bulles boutique, a gift store located in Vaudreuil-Dorion, will allow you to create bubbles of happiness on a daily basis. We offer an extension of all our passions in the form of products. For the Yoga des Bois event, we will have beautiful and practical Solem towels, cocooning items (bath rituals, candles, bath cubes) as well as a wellness section (teas, herbal teas and treats). We look forward to sharing a beautiful smile (and maybe even a laugh) with you at our booth.



KIOSQUES À DÉCOUVRIR AU YOGA VILLAGE

White Witch Crystals by Ismanuelle will be back for a second year at Yoga des Bois.

Designer of handmade therapeutic jewelry with love and light. There is something for everyone. Pendants, rolled stones: multiple ways to enjoy the benefits of stones.

The stones are coiled. Each stone is unique, just like you. Which one would you choose?



The Asana Store is your go-to destination for spiritual yet elegant energy stone bracelets. Each bracelet is designed to bring energetic benefits to your body and mind, and is made with high quality to ensure optimal comfort.

The booth will have yoga equipment such as yoga mats, meditation cushions, essential oils from Zayat, handcrafted jewelry from Quebec and more!

The Coexist Yoga Studio sees itself first and foremost as a place of healing, specifically the connection of three fundamental pillars: body, mind and spirit.



KIOSQUES À DÉCOUVRIR AU YOGA VILLAGE

The CSUR kiosk will sell fresh products such as vegetables and fruits in season. It will be possible to buy them by the unit and eat them on the spot.

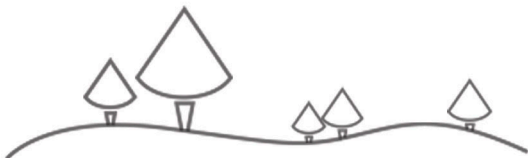
We will also offer products such as muffins or healthy snacks, individually or in packs of 4 or 6 units.

CSUR

Réseau
Connec-T

Technomane

Marché
Écologique



Happy Hollows Homestead
Handmade Traditional Herbal Products
Rigaud, Quebec

The Happy Hollows kiosk produces the highest quality herbal foods, both medically and environmentally. Happy Hollows helps the community learn about and understand the traditional use and therapeutic value of local plants found in our fields and meadows.

Ierba offers a range of 100% natural products, some of which come from healthy and sustainable Quebec agriculture. The artisans excel in their preparations, which are entirely handmade with care and using fresh, quality ingredients. Ierba wants to share the ancestral knowledge of medicinal plants through its products in order to integrate well-being into your daily life.



IERBA

KIOSQUES À DÉCOUVRIR AU YOGA VILLAGE

Bodhi Path is a small business from a yogini mom who is passionate about the healing properties of semi-precious stones. You can find bracelets, meditation malas and other accessories to help you ground yourself in your yoga and meditation practice. Come see us to discover our classes, our creative workshops and to have a chance to win great door prizes!

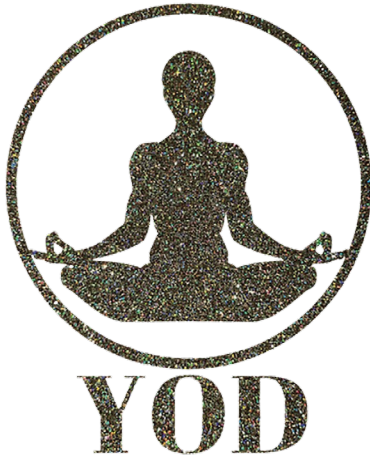


With an emphasis on coffee quality, we are prepared to serve all European coffees such as lattes, cappuccinos, espressos, americanos or the popular filter coffees – and we serve them fast! Feeling hot? We have a full range of iced beverages: iced matcha with oat milk, iced coffee, real fruit smoothies. And if you're feeling hungry, we have classic snacks (muffins, brownies, banana bread). For those with bigger appetites, treat yourself to our organic four-cheese grilled cheese from Fromagiers de la Table Ronde.

KIOSQUES À DÉCOUVRIR AU YOGA VILLAGE

Milane Pepin Young Entrepreneur at
Heart

Milane & ses Limonades invites you to
come and refresh yourself throughout
the day, with its homemade lemonades.
A young entrepreneur at heart with
eco-responsible values!



ShopYOD is happy to be present at this
event which brings together yogis.

We will be there with our summer 2023
collection!

We offer comfortable and feminine yoga
clothes that manage sweat well.

Jean Airol di will be present with his
superb collection of women's clothing

Airol di Couture will have very big
discounts under the tent!

AIROLDI

COUTURE



YOGA
DES BOIS

WE ARE EXCITED
TO RECIEVE YOU