

5 Must-Try B.C. Yoga Retreats for 2019

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Prioritizing your personal wellness in 2019? That's awesome. There's nothing quite like a retreat to help press the reset button on your personal wellness, giving you the time, space and support needed to recommit to your own wellness intentions. Whether you're lucky enough to call British Columbia home or you're planning a wellness vacation on the Blessed Coast, B.C. offers some of the world's top yoga teachers and retreat locations. Here is a list of some of the best yoga retreats happening in B.C. in 2019—to suit every yoga tradition and budget! —*Monica Krane*



hollyhock retreat with fiji mcAlpine on cortes island. Hollyhock has a world-renowned reputation as being one of the most idyllic places to do a retreat in B.C. They focus on spiritual, wellness and personal growth themed offerings. In September, one of our favourite yoga teachers, Fiji McAlpine, is offering this [Yoga + Nature Immersion retreat with David Procyshyn](#). Fiji is an amazing teacher, who is known for holding a grounding space to support both your yoga practice and life journey. She's not afraid of difficult poses, but always offers lots of options for all levels.

restore your soul retreat at nectar yoga bnb. Tucked away in the woods on beautiful Bowen Island, Nectar Yoga BnB offers Vancouverites a quick escape from city life—just a short ferry ride from Horseshoe Bay. Every month, the Nectar calendar has weekends free so you can opt to do a self guided yoga retreat with resident teacher, Amrita Clark. These retreats include your

stay—a very cosy and quaint BnB—and a couple of yoga classes each day. The rest of your time is yours to explore the island, journal, or do whatever your heart desires. They also offer a variety of packaged retreats with other popular yoga teachers like this [Restore Your Soul yoga retreat with Byrdie Funk and Heather Kennedy](#).

iyengar retreat with louie etting to haida gwaii. Noted Vancouver-based Iyengar teacher Louie Ettlign has been offering a [summer retreat to Haida Gwaii](#) for more than 17 years. Held at Cacilia's Bed and Breakfast in beautiful Tlell, this is an all-level retreat. It is recommended that off-islanders give themselves a few extra days in Haida Gwaii, as the culture and history of the Haida and the beauty of the island deserves much exploration. To register, connect with Louie directly via email (there is no online registration for this retreat).

personal retreat to salt spring island centre of yoga. Long esteemed as one of B.C.'s oldest and most respected facilities, the Salt Spring Center of Yoga is known as a place for teacher training but also offers a stunning setting for personal yoga retreats. A [personal yoga retreat to the Salt Spring Centre](#) includes a two-night stay in their turn-of-the-century cosy farmhouse, daily yoga classes, community connection and delicious vegetarian meals prepared for you each day from their farm! Yoga classes are led by teachers who've completed their teacher training at the Centre or at their sister facility, Mount Madonna. You can enhance your retreat by opting for one of the Ayurveda and bodywork sessions available at their Wellness Centre or take time outdoors, hiking or exploring the island. Definitely check out Salt Spring's famous [outdoor Saturday market](#) while you're there!

camping + yoga retreat to lake cowichan. Along the Cowichan River is a beautiful sacred land where internationally-loved teacher Fiji McAlpine offers her annual [ReWYLDing Retreat for Women](#). This year, her Rewyding retreat is happening August 16th to 18th. You can expect Yoga, hiking, 5 Element Meditations, Sacred Circles and a beautiful setting to connect with your Wild and Sacred Self. Co-hosted by facilitator, Jeanine Smithson, this is one of the most affordable yet awesome and soul-nurturing retreats I've come across. The early bird price is \$249 if you book by May 1st!

Monica Krake is the founder of [Head + Heart](#), a mindful calendar for North America that helps people discover mindful and meaningful events, teachers and community, to support their journeys. Follow Head + Heart on social: [Instagram](#) + [Facebook](#).