



Things to remember when we gather at Sorrento Centre for the SOYA Annual Yoga Retreat

Here are some important details! Please **READ** carefully so nothing is missed.

Registration will begin at 12 noon Friday in the **SORRENTO MEMORIAL HALL** on Passchendaele Road, across the street from Sorrento Centre. If you have a room at Sorrento Centre, we will have your keys at the registration table. If you are at a B&B or local motel, proceed to check in there.

All **MEALS** for those who purchased them are vegetarian and served at the Sorrento Centre dining room. If you did not book meals there is a Home Restaurant, Subway, Frankies Pizza, Steamers Coffee, and Mediterranean Greek Restaurant in the Village.

Not sure you booked your meals? Call Sorrento Centre at 250-675-2421 and avoid disappointment! *Meals must be booked in advance!*

View the schedule for the event on the retreat web page. We will have copies for you at Registration.

WHAT TO BRING with you to the retreat:

- Your yoga mat, any props you like to use, and a blanket to sit on.
- A notebook and pen to take notes.
- Clothing you can layer and an umbrella - the weather is unpredictable in June. We hope for sun but you may want an umbrella in case it rains!
- Shampoo and other toiletries if you are staying at Sorrento Centre. The accommodations at Sorrento Centre vary in what they provide. Questions? email conference@sorrento-centre.bc.ca or call 250-675-2421.
- A water bottle so you can hydrate during sessions.
- A flashlight... the grounds at Sorrento Centre are dark at night.
- Your bathing suit and towels if you wish to brave the lake! It could be beautiful. (please do not take Sorrento Centre towels to the beach).
- Cash to buy the yoga items for sale and the books that Brenda is bringing.

TABLES for PRODUCTS to sell will be at the SORRENTO MEMORIAL HALL!

It isn't too late to request a table for selling your products. We have mala beads, earrings, wheat bags, eye bags, toques, and books for sale so far! You can set up Friday at the Registration area so everyone can see what you have! All products need to be packed up by Saturday evening as we vacate the hall by 9am Sunday. Bring a TABLECLOTH if you want one.



Please remember that you manage all your own sales. The Hall will be open Friday 12-5pm, and approximately 30 minutes or more before and after each session. *If you won't be at your table,*

please leave a sign on it telling people when you will return to take their payments.

Directions to Sorrento Centre and Sorrento Memorial Hall:

If you are coming from the direction of Salmon Arm on Highway 1, as you enter the town of Sorrento there will be a PetroCan gas station and HOME Restaurant on your right and then a street light. The next street is Caen Road, then on the right you will see the Shuswap Lake Motel on **Passchendaele Road**. Take this road to the right. Just past the Shuswap Lake Motel is the entrance to Sorrento Centre on your right. To your left is the Fire Hall and then the **Sorrento Community Memorial Hall**, where most of our retreat sessions will occur.

If you are coming from the direction of Kamloops on Highway 1, as you near Sorrento you go past an exit for Shuswap Provincial Park and Roderick Haig Brown Provincial Park on your right (don't take this exit, just notice it). Continue on Hwy 1 for another 8.5 kms winding along Shuswap Lake. There will be a sign on the right for Lessard Excavating. Go past one more street called Coates Rod, and turn **left** onto Passchendaele Road (it is Kinghorn Rd on the right!). Taking Passchendaele Road and you will pass the school on your left. The entrance to Sorrento Centre is just past the school on your left. Sorrento Community Memorial Hall is on your right, and this is where most of our retreat sessions will be held.

I am attaching a pdf map for you with the details. The google map link or the visual [Google map for Sorrento Centre](#) is a little less accurate.

OUR phone number is 403-805-7902. If you have questions, give us a call or send us an email to info@soyayoga.com We are so looking forward to seeing you all soon! *Bob & Mugs*