



Spring Renewal Yoga Retreat 2018 Schedule

| <u>Class Day & Time</u> | <u>Class Type</u> | <u>Teacher</u> |
|-----------------------------|--|----------------|
| Saturday – 9:00 am | Program Introduction | Matthew |
| Saturday – 9:15 am | Morning Yoga (All Levels) | Lisa |
| Saturday – 10:20 am | Snack Time | Everyone |
| Saturday – 10:45 am | Spring Renewal Yoga | Dee |
| Saturday – 12:00 pm | Lunch / Free Time | Everyone |
| Saturday – 1:00 pm | Young Living Workshop | Matthew |
| Saturday – 2:45 pm | Yoga Dance | Everyone |
| Saturday – 4:00 pm | Aroma Freedom Technique | Matthew |
| Saturday – 5:00 pm | Dinner (vegetarian) Held in Davis Hall | Everyone |
| Saturday – 6:00 pm | Satsang By Fire | Regina |
| Saturday – 7:30 pm | Sound Healing | Evan & Cali |
| Sunday – 6:45 am | Sunrise Yoga | Lori |
| Sunday – 8:00 am | Breakfast (vegetarian) Held in Davis Hall | Everyone |
| Sunday – 9:30 am | Mindful Flow Yoga | Regina |
| Sunday – 10:45 am | Yoga Nidra Meditation | Matthew |

- All classes are optional – Skip a class if you feel called to do so – Enjoy the grounds, nature walk, journal or rest.
- Being fully present, open and self-reflective will allow for the best retreat experience. This is a safe place to be your authentic self.
- Honor yourself and the other students. Everyone is working through stuff. Please practice loving kindness for yourself & others.
- Conversations that are uplifting, positive & spiritual are encouraged and will help raise the vibrations of everyone attending.
- Write down on 2 small pieces of paper, what are you letting go of? what are you bringing into your life?