



'deepen your yoga'

Sept 27 - 29, 2019

Friday, Sept 27

4:00 - 6:00pm Arrive, unpack, relax, explore
6:30 Dinner & Free Time
7:30 Circle: Introductions, Overview of weekend, mindfulness practice
8:00 - 9:30 Restorative Yoga with Yoga Nidra

Saturday, Sept 28

7:30 - 8:15am Meditation: Meet in the studio first, Cardinal Directions
8:30 Silent Walking Outdoors (weather permitting)
9:30 - 10:30 Silent Breakfast, then Free Time (break the silence!)
10:45 - 12noon Yin Yoga: Hips & Core
12:30 Workshop: the Warriors
Lunch & Free Time
4:00 - 5:30 Partner Yoga
6:30 Dinner & Free Time
7:30 Games Night, and Campfire (weather permitting)

Sunday, Sept 29

7:30 - 8:15am Guided Meditation
8:30 Silent Breakfast, then Free Time (break the silence!)
9:30 - 10:30 Yoga @ the Wall
10:45 - 12noon Workshop: Inversions
12:30 Lunch & Free Time
2:00 Last hike, packing
3:00 Departure