



“Yoga for Health Wellness & Vibrant Living”

This immersion retreat is a beautiful experience of full engagement. It offers every soul the opportunity to really let go and embrace present moment awareness. It is a chance to learn, grow, nourish and simply “BE”. Outlined below is an idea of a typical day during our retreat. We invite you to partake in all the wonder and magic that this retreat provides. And we invite you to honor what you need. If you desire a day of rest, shopping, site-seeing or simply hanging out in the beauty of nature, then please do so. And please know that we have intentionally crafted a retreat experience that is sure to bring about positive change, health, wellness and vibrant abundant living.

Light Breakfast:	Coffee, Tea, Lemon Water, Fruit, Nuts, Granola
Morning Practice:	Chakra Specific Asana, Pranayama, Meditation, Mantra & Mudras
Workshop Session:	Healing Practices that address: <ul style="list-style-type: none">● Physical Body - Anatomy / Connection: Dysfunctions / Disease / Restoring Health & Wellness● Subtle Body - Energetic Anatomy / Connection: Overactive / Underactive / Balanced Chakra Characteristics● Energy Deposits / Withdrawals / Healing Practices
Brunch:	Scrumptious gourmet vegan and vegetarian cuisine to nourish mind, body and spirit
Free Time:	Time to rest, be in community and enjoy
Workshop Session:	Creating Positive Life Changing Practices
Afternoon Practice:	Yin / Restorative Practice, Sound & Aroma Therapy, Meditation
Dinner:	Delightful fresh local meals with like-minded people
Evening Socials:	Time spent sharing and connecting in community