



Inner Peace 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	Yin Yoga	Rosemary
Saturday – 10:20 am	Snack Time	Everyone
Saturday – 10:45 am	Morning Bliss Yoga	Diane
Saturday – 12:00 pm	Lunch / Free Time	Everyone
Saturday – 1:00 pm	Healthy Living Workshop	Matthew
Saturday – 2:45 pm	Mala Bead Workshop	Regina
Saturday – 3:45 pm	Yoga Dance	Everyone
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	Betty
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?