

May 16 – 19, 2018 :: Idyllwild, CA

“Led By The heART”

“Every action I take is a reflection of my own heart. How much love I can give others is an indication of how much love I allow myself.” – Marisa Handler

Class Schedule:

WEDNESDAY, May 16

PLEASE ARRIVE AFTER 5PM

7:00 pm **DIVINE DINNER**

OPENING CIRCLE

THURSDAY, May 17

8:00 am **Heart Medicine Flow**

10:00 am BREAK FOR BRUNCH

12:00 pm **Nature Hike + Art Mandalas Project**

BREAK

4:00 pm **Yin / Restore**

5:30 pm DIVINE DINNER BREAK

7:00 pm **Teaching Adaptive Yoga** (lecture on Prenatal, Kids, Seniors)

FRIDAY, May 18

8:00 am **Partner Yoga + Inversions Practice**

10:00 am BREAK FOR BRUNCH

12:00 pm **Thai Massage Workshop**

BREAK

4:00 pm **Art Meditation**

5:30 pm DIVINE DINNER BREAK

Free Time

SATURDAY, May 19

8:00 am **Yoga Unraveled**

BRUNCH & **Closing Circle**

*** Schedule subject to change without notice. Please remain a flexible yogi! ***

Come with an open heart and a willingness to explore

PLEASE RESPECT OTHERS AND OBSERVE QUIET HOURS BETWEEN 10PM - 7AM

WHAT TO BRING

Yoga Mat/Props, Sunscreen, Journal, Instruments, Yoga Clothes

Swimsuit, Long Pants, Shirts, Layers for all Weather, Hats & Sunglasses

FEES

\$400 BASE RETREAT REGISTRATION (bunk or couch sleeping - shared space)

\$500 ROOM WITH TWO BEDS (shared room with two beds - 2 people)

\$650 PRIVATE ROOM (queen bed, all to yourself!)