



Yin Yoga Training, Art Playtime, & Sacred Mantram
APRIL 20 - 30, 2026 :: Retreat Immersion

PURCHASE Insight Yoga by Sarah Powers
Pre-Retreat Homework: READ through page 21

Aloha, Beloved Student of Cloud Nine Yoga School - Welcome to our Retreat Immersion ~

Packing: *Temperatures will be in the mid-70s during the day and in the low-40s at night. Pack accordingly! Bring your personal necessities, including a journal/notebook, writing utensils, a hot/cold beverage container, and a water bottle. Please dress to move and be comfortable.*

Our Retreat Center: SHILOH SANCTUARY

RETREAT HOUSE RULES:

Quiet hours from 10 PM - 6 AM.

Do your own dishes, clean up your mess, and put away your stuff.

Respect the elements, animals/insects/reptiles of the land.

Close doors, screens, and turn off lights when not in use.

Please conserve toilet paper and use trash cans for feminine products.

Use a compost bucket for ALL food scraps, NO waste down the kitchen sink.

Water and electricity are resources, so use them with care.

If you leave the property, let someone know where you are going.

Stay hydrated and bring water with you.

Meals: *Bring the snacks/supplements you must have. We provide flexitarian Brunch and Dinner daily. Due to the complex nature of individual dietary needs, we ask that you let us know your ALLERGIES so we can keep you safe during your retreat. Let us know your preferences, and we will do our best to accommodate you.*

Insurance: *In the unlikely event of illness or accident requiring hospitalization, we recommend travel insurance in addition to your personal health insurance. Some options for you to consider are www.travelguard.com, www.travelex.com, and www.insuremytrip.com. ** Bring your medical ID card and all pertinent medications with you.***

Self-Responsibility: *This experience is for those who take responsibility for themselves and embrace the opportunity to expand their vision, dissolve limited thinking, and awaken the heart to vibrant health and radiant living. WE are so blessed to share in a COMMUNITY experience.*

Aloha & Blessings from my Heart to Yours!

Founder & Director of Training, Cloud Nine Yoga Schools



Schedule: *As in life, they are subject to change without notice. Please remain flexible.*

DAILY SCHEDULE

8:30 AM Morning Magic Yoga Session
11 AM Bliss Brunch
12:30 PM Art & Nature Playtime
6 PM Divine Dinner
7:30 PM Soulful Healing Circle

APRIL 20 - ARRIVE BEFORE 4:00 PM, 6:00 PM DINNER, 7:30 PM WELCOME CIRCLE

Be sure to get as close to Cornville, AZ as possible. Use this helpful [Travel link](#) for planning. You'll want to pre-arrange your airport transfer (we recommend carpooling with another participant, renting an SUV or 4-wheel-drive vehicle, or using [GROOME](#) from your arriving AZ airport). Note that the closest drop-off location is Cottonwood. Please leave plenty of travel time so you arrive rested.

APRIL 21 - Grounding To The Earth: Tending Roots & Earthing Your Instincts

Today's lessons are on security and stability. We'll emphasize the value of acknowledging both the pain and the gifts in our lives, understanding the concept of lineage bearing, ancestors, and the union that created us. The yoga session, based on the Kidney/Urinary Bladder Meridian and Root Chakra Elements, encourages participants to witness the body's feedback loop and be present with what is here, now. EXPLORE THE SACRED LAND THAT HOLDS US

Homework* *Read Powers through p. 55*

APRIL 22 - Self Trust: The Watery Primal Body & Opening to Pleasure

Today, there's an emphasis on the importance of pleasure and joy in our lives and the need to reconnect with our bodies and senses. We'll cover the pelvic region, the roles of different organs and meridians in the body, and the importance of self-care. You'll be encouraged to get into water, DANCE, PLAY, BE EMBODIED!

Homework* *Read Powers through p. 72*

APRIL 23 - Solar Fire: Instinct, Intuition, the Belly Brain

Connect to your personal strength, boundaries, and regulation through understanding gut feelings and gut health. Learn to honor decision-making cues and overall healthy choices for well-being. Our Yoga today will cover the Liver/Gallbladder & Spleen/Stomach Yin Sequences. ENERGY VORTEX OUTING.

Homework* *Read Powers through p. 100*

APRIL 24 - Heart as Meeting Point

Consciously work with and relieve energetic/emotional blockages. Compassion becomes the medicine when unpacking coping mechanisms, adverse childhood experiences, or other traumatic events. We'll focus on the vagal nerve and anti-anxiety techniques to balance moods and improve energy circulation. DEEP MANTRA AND SELF-HEALING.

Homework * *Read Powers through p. 112*



APRIL 25 - Lotus Lungs: Pranayama and Metta Meditations

Erika uses Reiki, breathwork, acupressure, and visualization techniques with the Lungs/Heart/Intestines Yin Sequences. We emphasize comfort and restoration. Celebrate love, partnership, and a desire for relating better. ART, CRAFT, CONNECT.

Homework: *Read Powers through p. 124.* **YTT Certification Students:** Also work on your presentation outline

APRIL 26 - Yang Energy Medicine: Dynamic Community

Flow Yoga with ujjayi, sun salutes, and vocalization to express ourselves fully. Enjoy the pure, full, authentic voice of your Spirit. We will use beautiful sound healing and music meditation throughout the day. Be the poet, scribe, and active member of our circle. WEvolution PRINCIPLES IN ACTION

Homework * *Read Powers through p. 148*

APRIL 27 - Stimulate & Circulate: 3rd Eye Alive

Today is a full day for you and our group to EXPLORE SEDONA TOGETHER! We will begin with an intentional group oracle practice at Shiloh, followed by some light movement. Be ready to spend the whole day adventuring between art galleries, shops, and all the bustle. We will meet for a sunset ritual near the creek. DREAM BIG

Homework * *Read Powers through p. 168*

APRIL 28 - Strengthen The Halo: YinVin & Transformational Art

The 1,000-petalled lotus grows as we deepen spiritually. The Chakras of the Upper Triangle, and postures related to them, activate our blossoming. Today it's all about Regeneration & Decompression through prayer, pranayama, and Yoga that stirs the soul to align with the Great Spirit. A sweat lodge will be offered. STAR GAZE

Homework * *Read Powers through p. 186, Presentation Final Prep for YTT students*

APRIL 29 - Buddha Dharma: Final Erika Class, Group Presentations & Offerings

Moving meditation techniques and their purposes, like Shamata (calm abiding), Anapanasati (breath awareness without control), and Vipassana (witnessing and naming thoughts), will be explored. Metta (loving-kindness) and Karuna (compassion) are felt and practiced. Brain harmony. Rewire mental pathways.

Participants wishing to certify must teach 45-minute sessions focusing on their unique presentation topic. Today is our final day to be in each other's company - Enjoy deeply! CLOSING CIRCLE CEREMONY.

APRIL 30 - DEPARTURE DAY (By Noon) ~ Blessed Travels ~ Until we meet again!

Please pre-arrange your departure-day transfers from Cornville or Cottonwood. Leave plenty of time to travel to regional or international airports. We highly recommend a mid-morning transfer and scheduling your flight departures after 4 PM on April 30.

Do you have any questions? Call/Text Erika at 310-989-0878
Shiloh address: 10080 E. Crozier Ranch Rd, Cornville, AZ 86325