

Inhale Fresh New Energy... Yoga Retreat

C.O.E November 13-15 Schedule

Friday November 13

4:30-6	Registration
6-7	Welcome, ice breakers
7-	Supper
7:45-9	Candle light gentle hatha yoga
9-10	Fire Ceremony

Saturday November 14

6:30-7:30	(optional) noble silence meditation
7:30-8:30	Breakfast
8:30-10:15	Vinyasa Refreshing Flow
10:15-10:30	Break
10:30-12	The Art of Letting Go (Guided Meditation) Drum Circle
12-1	Lunch
1-2	Inner Journey Workshop
2-2:30	Break
2:30-4	Yin Yoga
4-6	Bringing the 80's Back Flow n' Go
6:00-7	Supper
7:30-9:00	Ecstatic Dance & Yoga Nidra
	Social and Relax time

Sunday November 15

6:30-7:30	(optional) noble silence meditation
7:30-8:30	Breakfast
8:30-10:15	Reggae Yoga Flow
10:15-10:30	Break
10:30-12-	Swara/ Yin Yoga
12-1	Lunch
1-2:30	Closing circle and ceremony