“Breathing Space” Yoga Retreat

# 12/11/2020

|  |  |
| --- | --- |
| 7 – 8 pm8 – 9 pm9 – 10 pm | Meet & Greet: Check in, enjoy snacks, mingle and explore the propertyYoga Nidra by CandlelightSips & Savor: Weekend Overview & Wine Reception |

# 12/12/2020

|  |  |
| --- | --- |
| 8 – 9 am | Continental Breakfast |
| 9:15 – 10:15 am | Empowerment Flow |
| 10:30 – 11:00 am | Meditation: Be present in nature walk |
| 11:15 – 3 pm  | Free Time |
| 3 – 4 pm  | Mandala Rock Painting Workshop |
| 4 – 6 pm | Mindful Malas Workshop |
| 6 – 8:30 pm | Free Time |
| 8:30 – 9:30pm | Yin Yoga by Candlelight |
| 9:30 – 10 pm | Optional: Mix & Mingle with Wine |

# 12/13/2020

|  |  |
| --- | --- |
| 8 – 9 am | Continental Breakfast |
| 9:15 – 10 am | Heart Opening Flow |
| 10 – 11:30 am | Essential oils workshop to finding balance. Blends for chakra balance concluding with chakra meditation. |
| 11:30 – 12 pm | Check Out |
|  |  |
|  |  |
|  |  |
|  |  |