



# A Journey Within

## Yoga Retreat Aug 13, 2022

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8:00-8:30am - Check in and Gather

8:45am - Vinyasa Yoga w/Heather

Conversations with Yourself -This vinyasa class will focus on tuning in to your inner dialogue. A gentle observation without self judgement will help cultivate a powerful awareness of how your inner language translates into your mood, posture, confidence and overall wellbeing

10:00am - Light Breakfast Served

10:30am - Devils Punch Bowl Hike w/Abby

Learn the history of Shades State Park with stops at Inspiration Point and Prospect Point. Take time here to reflect and feel inspired by the beauty of nature.

12:00pm - Picnic Lunch in Shades

12:30pm - Personal Time to Hike, Rest, Meditate or Play in Sugar Creek

2:30pm - Mala and Meditation

Create your own Sandlewood Mala and learn how to use one properly.

5:00pm -Yoga Discourse w/Rachel

Where I'm From discourse will help to discover our roots and raise awareness around our conditioning. When we start to examine our conditions, we then begin to find personal freedom from those that create suffering.

6:30pm - Dinner

7:30pm - Closing Meditation/Yoga & Journaling w/Paula

Time to reflect, move and journal on any self discoveries as we complete our Journey Within.

8:45pm - Retreat Ends