

2019 GA Retreat Schedule

Wednesday, July 24th

3pm Check In

4:30-6:00pm Yoga Class with Jennifer (optional)

6:30pm Welcome Dinner*

Meditation Circle Close- Restore Informational and Material Distribution,
Mindful Yoga and Meditation with Pranayama (Session #1)

We will wrap up early this night to allow you to rest from your travels and enjoy nature's light show.

Thursday, July 25th

8:00-8:45 Hatha Yoga Class on the lawn, class is right out front of the main house with a mountain view (weather permitting- otherwise to be held in the yoga room)

9:00am Breakfast*

10:30am-11:30am Mindful Yoga and Meditation

11:30-1pm Training And CEU Folks Stay (Session #2)

1 pm Lunch*

4:30-5:30pm Mindful Yoga and Meditation

5:30-6:00 Training And CEU Folks Stay (Session #3)

Meditation Minute Prior to Dinner

6:30pm- Dinner*

Yoga Session 7:45pm (or after dinner)-8:30pm (Yoga Nidra) (Session #4)

Friday, July 26th

8:00-8:45 Yoga Class on the lawn, class is right out front of the main house with a mountain view (weather permitting- otherwise to be held in the yoga room)

Meditation Minute Prior to Breakfast

9:00am Breakfast*

10:30am-11:30am Yoga Class

11:30-1pm Training And CEU Folks Stay (Session #5)

1:00 Lunch*

2:30-4:00 "Mine-fulness" (times are tentative)

6:30 Dinner*

Yoga Session 7:45pm-8:30pm(Session #6)

Saturday, July 27th

8:00-8:45 Yoga Class

Meditation Minute Prior to Breakfast

9:15am Breakfast*

10:30am-11:30am *Yoga Class*

11:30-1pm Training And CEU Folks Stay (Session #7)

1pm Lunch*

Free time to connect with nature, book excursion or spa time

Optional yoga class at 4:30pm(please book this one ahead of time so we know if you are staying or going out)

6:30 Dinner*

Yoga Session 7:45pm-8:30pm (Session #8)

Sunday, July 28th

8:00-8:45 Hatha Yoga Class

9:00am Breakfast*

Group Close 10am

Check out 11am

See you back home!

All sessions are required for those attending certification course, yoga guests may pick and choose classes they would like to attend. Each class will be an hour with additional time for training folks to receive instruction.

Lunch is included, though you may skip if you would like to book an extended excursion.