

# Weekend Online Mindful Yoga Retreat

## November 12 - 14, 2021

The world we live in right now can feel polarizing and confusing and out of balance. We may not be able to solve this world problem but in a way, we can, by experiencing radical transformation in our own heart/mind and body. This is a gift we can give to all beings. All beings are then uplifted by our practice.

The intention of this retreat is to focus our awareness and reconnect to the gifts of this path.

This retreat will be a focused time of purifying by doing the physical practice of yoga and pranayama, and directing the awareness inward thru mantra to calm and connect.

This will be an online experience so that it is accessible and safe.

I will be using Zoom to hold classes so please become familiar with this app. I am happy to help you prepare your Zoom account.

Here is the schedule:

### Friday evening

6:00 - 8:00pm Grounding/Reconnecting practice

### Saturday

9:00 - 9:30 Meditation/Pranayama/Mantra

9:30 - 11:30 morning yoga

11:30 - 2:00 lunch break

2:00 - 5:00 afternoon yoga

7:00 - 8:00 evening meditation/deep relaxation

### Sunday

9:00 - 9:30 Meditation/Pranayama/Mantra

9:30 - 11:30 morning yoga

2:00 - 4:00 afternoon yoga

This retreat is offered in the spirit of generosity, my wish is to offer these teachings freely so that all can benefit. If you wish to offer me a donation, also given freely, you may do so.

To register, please contact me:

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