
NAMASTE IN THE MOUNTAINS RETREAT SCHEDULE

Friday, September 15

- 4:00 PM Registration - Virginia House, Front Desk
 - 5:00 PM Wine & Cheese Social - Portlock House
 - 6:00 PM Dinner - Hotel Dining Hall
 - 7:00 PM Dharma Talk / Gathering (Distractions & Chaos) - Hall House B, Facilitator: Christine
 - 7:30 PM Yin Yoga & Meditation - Hall House B, Facilitator: Debbie
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Saturday, September 16

- 6:30 AM Sunrise Yoga @ Pond (Inclement Weather - Hall House B), Facilitator: Christine, Modifications: Briana
 - 7:30 AM Meditation - Portlock House, Facilitators: Lisen / Debbie
 - 8:00 AM Breakfast - Hotel Dining Hall
 - 9:00 AM Chakra & Meditation Workshop - Hall House B, Facilitators: Debbie & Briana & Lisen
 - 11:00 AM Break / Free Time / Mindful Writing - Portlock House, Facilitators: Briana, Lisen, Debbie or Christine
 - 12:30 PM Lunch - Hotel Dining Hall
 - 1:30 PM Break / Free Time / Guided Hike - North Mountain / Yoga Philosophy - Portlock House
 - 4:00 PM Round Robin Yoga - Hall House B, Facilitators: Lisen, Christine, Debbie & Briana
 - 5:30 PM Dinner - Hotel Dining Hall
 - 7:00 PM Sunset/Bonfire meditation, singing bowls, mantras & affirmations, Facilitator: Briana
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Sunday, September 17

- 6:30 AM Sunrise Yoga @ the Pond (I.W. Hall House B), Facilitator: Christine Modifications: Briana
- 7:30 AM Meditation - Portlock House, Facilitator: Briana

- 8:00 AM Breakfast - Hotel Dining Hall
- 9:30 AM Walking Meditation - Labyrinth, Facilitator: Debbie / Lisen
- 11:00 AM Yoga - Hall House B, Facilitator: Lisen
- 12:30 PM Lunch - Hotel Dining Hall
- 1:30 PM Dharma Talk (Keeping the Feeling) - Shrine Or Hall House B, Facilitator: Debbie
- 2:00 PM Depart in Peace