

Sound and Movement FAQs

Q: I haven't done yoga in a while and am not familiar with tai chi or qi gong. Is this still something that would work for me?

A: Yes. Yoga, qi gong, and tai chi are all forms of mindful movement that have been practiced for thousands of years by people of varied age and experience. Retreat classes are intended to be accessible and are not leveled (e.g., beginner or advanced). We consider these classes invitations, and modifications are welcomed.

Q: I noticed something about singing, but the only time I sing is in the shower.

A: Through singing, we can work with voice—our first and most powerful instrument—to unlock healing and integration. As with yoga and tai chi, mindfulness and breath are at the heart of this accessible practice. We sing easy-to-learn music that is connected to the theme of the retreat, often in rounds, and simply have fun doing it. You're also welcome to hum along or listen in.

For more information, see this website: <https://www.songtuary.org/>

Q: I also noticed something about dancing. I'm not a dancer.

A: Dance is another modality that invites us deeper into healing, integration and, sometimes, release! Set to an awesome soundtrack by our friendly DJ, the dance practice we'll be doing is another form of embodiment and incorporates yoga, guided movement, and free dance. There's no way to do it wrong, and the way you know you're doing it right, is if it feels good.

Q: What do I need to bring/wear?

A: We'll send a detailed packing list before you come. Briefly, basics: a mat for yoga, camp items like good walking shoes & sunscreen. Shrine Mont provides linens and towels; bring your own towel for swimming. You don't need 'yoga clothes'--just comfortable, lightweight clothing that you can move in.

Q: What are cell phone reception and Wi-Fi like?

A: You can access the internet in the Virginia House lobby, where there are tables, chairs, and hot beverages. Cell phone service depends on your carrier, but in the mountains it can be spotty. Shrine Mont calls itself "a place apart", and that's really what it is--an opportunity to step away from digital distractions and the demands of everyday life.

Q: I'm an introvert and I'm not sure this is the right setting for me.

A: Two of your facilitators are also introverts, *and* we love connecting with other people authentically, in intentional settings like this. We believe in the importance of safe space--there is no obligation to share or perform. Over the years, we've found that a lovely sense of community builds within these retreat settings and people are often surprised at how quickly that can happen.

Q: I've never been to Shrine Mont. What can I expect?

A: Shrine Mont is a charming step back in time, in a beautiful natural setting. Much of its appeal is in its simplicity, and many people return year after year. It is not a luxury destination: your rooms will have fans, but not A/C, and your beds will be gently used. The majority have en suite bathrooms--please request one if desired. Meals are homestyle, southern cuisine and the menus are a time-honored tradition. Anyone who has come before knows exactly what's for dinner on Saturday evening! You'll be in the mountains, so expect a few signs of the natural world to greet you (perhaps a June bug or two).