



## Simply Yoga in the Mountains Retreat

May 16 – 18, 2025

### **Schedule:**

#### **Friday**

4:00 Registration

5:00 Wine and Cheese Social

6:00 Dinner - Virginia House

7:00 Introductions - Theme: Deep Relaxation

7:30 Gentle PM Yoga

#### **Saturday**

7:15 Sunrise Yoga

8:00 Breakfast

10-11:30 Workshop: Crystals & Yoga

11:30 Free time (rest, hike, relax on the porch or take a Tour of SM, begins at 2pm at Shrine).

12:30 Lunch

4:30 Yoga

5:30 Dinner

7:00-8:30 Yin and Restorative Yoga

#### **Sunday**

7:15 Sunrise Yoga

8:00 Breakfast

9:30 Yoga

11:00 Closing Circle

12:30 Lunch