

Summer Yoga in the Mountains
June 14 - 16, 2024
Shrine Mont



WEEKEND SCHEDULE

Friday, June 14



Locations will be posted and updated if necessary on the white board in the Conference Center lobby prior to all classes.

4:00PM - 5:00PM: Retreat Check-In. *Virginia House Lobby* - Get your room assignment, name badge, and additional information if needed (If you arrive later you may check in with the front desk staff at any time).

5:00PM- 5:30PM: Wine and Cheese Welcome reception - Grab your swag bag, meet staff, instructors and participants - *Portlock Cottage*

5:30PM - 6:30PM: Dinner - *Tucker Dining Hall*

7:30PM: Opening class - **Gentle Zen +** (Bonnijean/Leah/Julian) - *Back field (weather permitting)/Hall House B*

Saturday, June 15



8:00AM - 9:00AM: Breakfast - *Tucker Dining Hall*

9:30AM -10:30AM: **Sun Salutation** (Bonnijean) - *Hall House B*

11:00AM - 12:00PM: **Soundbath** (Julian) - *Hall House B*

11:00 AM - 12:00PM: **BEAM** Yoga Limited to 8 participants (Leah) - *Portlock Cottage*

12:30PM - 1:30PM: Lunch - *Tucker Dining Hall*

1:30PM - 3:00PM - Your Own Time - enjoy the pool, take a rest, explore the hotel, museum, gift shop, grounds, a quiet read in a rocking chair on a porch, catch up with friends or make new ones. Some options below:

2:00 - 1 mile Hike to the Cross - round trip to the top of the ridge on Shrine Mont property Meet in the *Virginia House lobby*. This is short but a little steep..

2:00 - 2.4 mile hike around Lake Laura 5 minutes car ride to lake parking lot. The trail circling the mountain lake is mostly flat but has some little hills. One of Bonnijean's faves. Meet in the *Virginia House Lobby*.

3:00PM - **Vinyasa Flow** (Leah) - *Hall House B*

4:00PM: **Up and Down Hatha** (Bonnijean) - *Hall House B*

5:30PM - 6:30PM: Dinner - *Tucker Dining Hall*

7:30PM - 8:30PM: **Moon Salutation (Goodnight Moon)** (Leah) *TBD*

Sunday, June 25



8:00AM - 9:00AM: Breakfast - *Hotel Dining Hall*

9:30AM - 10:30AM - Flow Yoga (Leah) - TBD

9:30AM - 10:30AM - Soundbath (Julian) - TBD

10:00AM - 11:00AM - Aqua Yoga (Bonnijean) pool
OR (weather dependent)

10:00 AM - 11:00AM - Rock It Flow (Bonnijean) - TBD

11:30AM - 12:30PM - Yin it Down (Bonnijean/Leah/Julian) - *Hall House B*

12:30PM - 1:30PM: Lunch - *Tucker Dining Hall*

Depart in Peace!

CLASS DESCRIPTIONS

* available to every body

** available to every body with optional strength modifications

***Gentle Zen:** This gentle Yoga practice helps us draw true attention to breath. Gentle twists and elongation of the limbs and the spine will set the perfect setting for relaxation and stillness, both mentally and physically. This first class will introduce you to yoga lingo and poses.

****Sun Salutation:** Honor the sun as we coordinate gentle movement with pranayama (breath control) in our morning Sun Salutation practice. Lengthen and awaken your muscles with basic yogic postures with optional strength challenges designed to energize your spirit and prepare us for the coming of a new day.

***Soundbath:** Expect to hear instruments from around the world, including several kinds of singing bowls, pan drum, Native American flute, drums, harps, and possibly entirely new instruments. The goal as always is a relaxing and insightful sound journey, or perhaps, if you need it, a delightful rest.

****BEAM Yoga:**

Balance

Engage

Align

Move

This head-to-toe yoga practice will activate strength, challenge balance and help develop flexibility. This class incorporates a soft, low-to-the-ground balance beam (provided!) and will surely present the true meaning of a mind/body experience. Classes are limited to 8 participants, but we will offer enough sessions so that everyone has a chance to practice BEAM.

****Vinyasa Flow:** Flow in and out of classic yoga postures in a more active practice as we challenge strength and help sharpen mental focus and physical balance skills. This also incorporates core and trunk stabilization postures designed to strengthen the abdominals and low back. Guided meditation and relaxation are included.

****Up and Down Hatha :** Hatha yoga moves you through slow combinations of poses to improve strength, flexibility and balance. You do not have to have any of these to do this class! Instructor will demonstrate modifications to add challenge (UP) as well as modifications to keep it light (DOWN). You do not have to have any of these to do this class! We will focus on spinal problem areas with a breath and meditation dessert..

***Moon Salutation (Goodnight Moon)** Close the day by welcoming and honoring the moon in the night sky. This calming sequence of basic postures will help us slow down and prepare our bodies for a restful night's sleep.

++Aqua Flow - Cool down with yoga in the pool. Water holds you up so you can balance but also adds a touch of resistance to movement beneath the surface. Nobody can see what is happening down there! Floatation noodles provided. This class involves laughter. Bring a towel. This class will be replaced with Rock-It Flow if it is too cold or raining.

++ Rock-it Flow - All the poses you have come to know and love will be done to a gentle rock beat to add optional sway, toe-taps - a rhythm to follow if you so desire. It is still slow and gentle with a nice savasana with a soft back-beat.

***Yin It Down** - Yin Yoga, a slow and intentional practice, is designed to allow the body to surrender to gentle postures with a long, steady load of stretching, especially joint and connective tissue. Instead of a more classic transition of asanas, relaxed postures are held for minutes at a time, allowing for the experience of fascinating evolutions with optional instructor assists. Our practice and this retreat will come to an end with a long savasana to relax, refresh and reflect on our time in the mountains.