



Simply Yoga in the Mountains Retreat
May 17 – 19, 2024

Tentative Schedule:

Friday

- 4:00 Registration - Virginia House
- 5:00 Wine and Cheese Social - Virginia House
- 6:00 Dinner - Virginia House
- 7:00 Introductions - Theme: Connecting with your Body through Yoga
- 7:30 Gentle PM Yoga

Saturday

- 7:15 Sunrise Yoga
- 8:00 Breakfast
- 10-11:30 Workshop: Body Wisdom
- 11:30 Free time (rest, hike, relax on the porch or take a Tour of SM, begins at 2pm at Shrine)
- 12:30 Lunch - Virginia House
- 4:15 Group Yoga
- 5:30 Dinner - Virginia House
- 7:00 Group Yoga

Sunday

- 7:15 Sunrise Yoga
- 8:00 Breakfast
- 9:30 - 10:30 Group Yoga
- 11:00 Closing Circle
- 12:30 Lunch – Virginia House