

Yoga Group Retreat Itinerary

Day One

Yoga Flow to Restoration

9:15 am – Registration

(Meet promptly at the SpiritQuest Retreat Center.)

10:00-12:00 Intro with Gentle Flow

This Yoga group retreat session will begin with introductions, then utilize mantra and breath for Gentle Yoga Flow. Through optimal alignment utilizing yoga and strength training as a basis, we will explore the “nutrient of movement” and help you understand where and what your body needs, and create a regular practice for any lifestyle to support your happy and healthy body and mind! Release dogmatic beliefs that prevent you from experiencing the richness of yourself and others.

2:00-4:00 Restorative Yin Yoga outside at a Dynamic Location

Yin & Restorative Yoga create harmony between the sympathetic and parasympathetic nervous systems. Conscious rest helps prevent burn-out, overwhelm, irritation, fatigue, and frustration. Give your limitations and troubles to this sacred land during your restorative yin yoga session.

Day Two

Explore Subtle Spaces with Yin Yoga

10:00-12:00 The Power of Breath, Mantra, & Meditation.

Start your morning with Hatha Flow then utilize breath, mantra, and meditation. What a fabulous way to begin your day. Connect with others in that sacred space of vitality and health.

2:00-4:00 Exploring the Subtle Body Space

Open your heart as you connect to the subtle body energies of yourself. Enjoy Yin Yoga at a dynamic outdoor location in Sedona! The energies of your life force will be explored with focus on meridians/organs for optimal health.

Day Three

Improve Your Home Practice

10:00-10:30 Power of the Gong Bath Meditation with Crystal Bowls

The gong is especially useful for managing the egoic mind and stepping into a place of stillness and strength. Experience the soothing release provided in this segment.

10:30-12:00 Self-Massage & Myofascial Release.

This segment teaches techniques for letting go. Find the peace that is your birthright! End your retreat with a closing circle of gratitude.

In the afternoon participants will have free time to explore Sedona on their own or have some space to schedule optional one-to-one intensives.