



“The Spiritual Path of Yoga”

This immersion retreat is a beautiful experience of full engagement. It offers every soul the opportunity to really let go and embrace present moment awareness. It is a chance to learn, grow, nourish and simply “BE”. Outlined below is a sample of a typical day during our retreat. We invite you to partake in all the wonder and magic that this retreat provides. And we invite you to honor what you need.

Blisstopia, Arizona January 13 - 20, 2024

Breakfast:	Coffee, tea, lemon water, Kombucha, fruit, steel cut oats, granola, yogurt, nuts, organic hard boiled eggs (Silence)
Morning Practice:	Morning prayers, breath-work, meditation and yoga asana practice Hatha / Vinyasa / Therapeutic.
Workshop Session:	Working through the layers of the body, mind and spirit <ul style="list-style-type: none"> • Chakra Study • Subtle Body - Energetic Anatomy (Koshas / Doshas) • Energy Deposits / Withdrawals / Healing Practices / Ayurveda • Activating the Spiritual Laws of the Universe
Lunch:	Taco bowl or salad (ground turkey or vegan bean option) with assorted veggies and scrumptious homemade hummus
Elemental Play:	Earth: Hike in the Sunrise Mountain Preserve
Free Time	Time to rest, reflect, be in community, or enjoy the amenities
Afternoon Practice:	Yin / Restorative Practice, Sound & Aroma Therapy, Meditation
Dinner:	Delightful fresh local meals with like-minded people. Chicken and Vegan Pad Thai, Jasmine rice, Tom Kah coconut soup and dessert
Evening Fellowship:	Time spent sharing and connecting in community. Bedtime tea Evening prayers, breath-work and Yoga Nidra for soul sleep