

"I am here for you"

Riverbirch Nurturing Day Retreat

Saturday, November 7, 2009

8am-5pm

Because the constant buzz and roar of life around and inside of us can be draining to even the most conscious of humans, Riverbirch Yoga offers programs to nurture ourselves back to living fully. It is our intention to provide supportive programs that fit into your life's rhythm, connect with your personal truths and callings, and offer you a safe place of wholistic renewal and care.

EARLY REGISTRATION BY October 16th, 2009 = \$50 ... After October 16th = \$65

Breakfast, Lunch, & Snacks included with the following agenda

... Here are some things to expect and the general flow of the day...

Dropping in ...

"When the mind becomes still and quiet, the Self reveals itself.

At these depths, one experiences the joy and peace of complete fulfillment." The Bhagavad Gita

8-8:30am

Meditation

8:30-10am

Yoga on the Mat (joined by others who come for class)

10-11am

Silent Breakfast

A closer look ... "Re-membering, Re-drawing, Re-writing"

11am

Creative Introductions ... Little info 'bout energy ins & outs

to

Pranayama: Explore the I Am breath ... Creativity: Write Now

12:30pm

Yoga IS Union ... Why Nap? Prep for afternoon assignment

Honoring & Nourishing ... "Simplify to Magnify"

12:30pm

Lunch and Conscious Wandering

to

Experiencing a world in 2sq'!

2:30pm

Mandatorily and Lovingly ordered Yoga Nidra

Re-Entry ...

"The mind of the Yogi, totally focused on The True Self, is unwavering

like the steady flame of a candle in a sheltered place." The Bhagavad Gita

2:30-3:30pm

Return to the Yoga Mat

3:30-4:30pm

3-D Collaging ... "hangin' by an invisible thread"

4:30-5PM

Cookies and Closure ... Stay true to you

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Riverbirch Yoga on Lake Wylie offers explorations in Wholistic Living through Personal Yoga, Creativity, & Spirituality

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