



Friday, May 31, 2019

4:00-6:00pm – Check-in, *Lobby* & Event Registration, *Pre-Function*

5:00-6:00pm – **Love, Libation & Light:** A welcome gathering to meet & greet

6:00-7:30pm – Opening Session: **Soul Journey** - Open the weekend through this sacred experience bringing yoga, breath work and sound vibration all together in a healing journey led Ashley Cooper & Katie Capano.

7:30-8:30pm – Dinner Buffet

8:30-11:00pm – **Fire pit social** - All are welcome to gather under the stars at Granlibakken's fire pit and enjoy the sounds of mountain life and fresh elevation air. Cash bar available.

Saturday, June 1, 2019

6:30-8:00am – **Sunrise Yoga**– Begin your day releasing toxicity in order to create space for deep nourishment in a Hatha flow that will cleanse the body, mind and heart through asana and pranayama.

7:30-10:00am – Breakfast Buffet

9:30-11:30am Morning Workshops – Choose one

Iyengar - Align your practice with balanced poses designed to increase poise, balance, and a feeling of being centered.

Forest Medicine Hike - Connect to nature through an elevating hike and elemental meditations in the sacred Sierras. Learn about the healing effects of nature as understood through science, Ayurveda and more.

11:30am-1:00pm – Lunch Buffet

1:00-2:30pm Afternoon Workshops – Choose one

Sound Healing - Revitalize and renew your body through a magical sound bath designed to promote rejuvenation of mind, body, and spirit as you experience complete relaxation and harmony.

Aromatherapy - Learn & experience the practice and therapies of natural oils and how the mind and body react to certain aromas as they heal, energize and awaken the soul.

Saturday, June 1st continued...

Kundalini Sacred & Soulful: A Journey of Self - love & Empowerment – Blend Kundalini Yoga, Yin and meditation in a harmonious design to ignite your innermost desires, release physical and emotional blockages to make way for self-love.

Forest Medicine Hike - Connect to nature through an elevating hike and elemental meditations in the sacred Sierras. Learn about the healing effects of nature as understood through science, Ayurveda and more.

3:00-4:30pm Evening Workshops – Choose one

Yoga Medicine - A guided practice that will pull you into the heart space through sweet breath, meditation, and fluid, yet stable asana.

Mandalas on the Mat – Move through a playful practice that will create a living, moving mandala on your mat.

Creating Rituals with Tea - Sip fine, loose-leaf tea while learning medicinal benefits that will compliment your daily rituals and flow around Morning Mantras, Afternoon Affirmations, and Bedtime Blessings. Included in this workshop will be several tastings and a take-home gift. Taught by Ellen Tobben, ITMA Certified Tea Sommelier and founder of IntentionaliTEA.

4:30-7:30pm **Marketplace & Shakti Space** -Explore handmade art, therapeutic product, offerings & services. Visit our new Shakti Space - A place to find creative inspiration and expansion. Create your own mantra, paint a mandala, therapeutic coloring & design, or just soak in the serenity and Shakti throughout the day. You are encouraged to bring your own art supplies, rocks for painting, or inspiring elements of nature.

6:30-8:00pm – Dinner Buffet

8:00-9:00pm – **Full Group Session -Conscious Dance** - Get groovin and movin with conscious dance - ranging from ecstatic dance to somatic movement therapy. Explore a creative movement that connects mind, body and spirit with guided choreography to encouraged free-spirit dancing.

9:00pm – **Fire pit social** - All are welcome to gather under the stars at Granlibakken’s fire pit and enjoy the sounds of mountain life and fresh elevation air. Cash bar available.

Sunday, June 2, 2019

6:30-8:00am – **Sunrise Yoga**– Begin your day releasing toxicity in order to create space for deep nourishment in a Hatha flow that will cleanse the body, mind and heart through asana and pranayama.

7:30-10:00am – Breakfast Buffet - Guest checkout encouraged during this time (Hotel Check Out Policy – 11am)

9:00-11:00am Morning Class - **Full Group Session** - A flowing farewell practice, led by RAY instructors and accompanied by a Yoga DJ, the cherry on top of the weekend