



### Friday, May 31, 2019

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

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

6-7:30pm – 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

9-11pm – **Fire pit social** - All are welcome to gather under the stars at Granlibakken's fire pit and enjoy the sounds of mountain life and high elevation, fresh air

### Saturday, June 1, 2019

6:30-8am – **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.

7:30-10am – Breakfast Buffet

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

**Thai Massage** - Experience the lunar aspects of this practice through alignment based asana, partner yoga, Thai massage and therapeutic flying. Come with an open heart and willingness to play.

**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-1pm – Lunch Buffet

## Saturday, June 1st continued...

1-3pm 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

**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

4-6pm Evening Workshops – Choose one

**Yoga Medicine** - description coming soon

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

**Intentional Tea Time** - description coming soon

5-8pm **Vendor Fair & Shakti Space** -Explore handmade art, therapeutic product, offerings & services. Or 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.

7-8pm – Dinner Buffet

8:30-10pm – **Full Group Session - Drumming** - Drum Circle by Drum Chik- Connect with rhythm and beats of a drum and dance circle led by professional drummers. Learn the sacred thrums of ancient civilizations, liberate your soul in a safe and inclusive space. Smile and let go, preparing to assimilate all you've learned over the weekend.

10pm – **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

## Sunday, June 2, 2019

6:30 – **Sunrise Yoga & Meditation**

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

9-11am Morning Class - Full Group session - A flowing farewell practice led by instructors from the weekend and accompanied by a Yoga DJ, the cherry on top of the weekend