

RAY

RESTORATIVE ARTS & YOGA

Friday, May 19, 2017

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

5-6pm – **Truckee River Winery & Folk Brewery** - Meet and greet your team for the weekend and enjoy a glass of wine or kombucha from local Tahoe companies, *Mountain Deck*

6pm – Dinner Buffet, *Granhall*

7:30-9pm – 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 By Emily Weer, Kristin Englund & Chad Wilkins, *Mountain Ballroom*

9:00-11pm – **Fire pit social** - All are welcome to gather under the stars at Granlibakken's fire pit and enjoy the sounds of mountain life and fresh elevation air, *Mountain Deck*

Saturday, May 20, 2017

6:30am – **Sunrise Yoga & Meditation**– Begin your day with the intention of releasing toxicity in order to create space for deep nourishment in a Hatha flow that will cleanse the body, mind and heart through asana, pranayama and meditation techniques - led by Tracy Desens, *Mountain Ballroom*

7:30-9am – Breakfast Buffet, *Granhall*

9-11am Morning Class Options

Ki Gong - A physical flow that focus on Meridian, Circulatory, Respiratory, and Ki-Energy systems while controlling your breath and working on balance - led by Tim Schroeder, *Lake Room*

Vinyasa Flow -Get warm and ready for your day with flow, sun salutations, balance and standing sequences. Expect to be challenged at every experience level - led by Katie Capano, *Bay Room*

Sacred & Soulful: A Kundalini Journey, Self –love & Empowerment – A harmonious blend of Kundalini Yoga, Yin and meditation designed to ignite your innermost desires, release physical and emotional blockages to make way for self-love - led by Kate Leist, *Mountain Room*

11:30am-1pm – Lunch Buffet, *Garden Deck*



Saturday, May 20th continued...

1-3pm Afternoon Class Options

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 from within - led by Gyongyi, *Mountain Room*

Yoga Hike/Eco - Therapeutics - 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 - led by Ashley Aarti Cooper, *Meet in Pre-Function*

Inversions for Every Body - Intrigued about inversions? Whether you're new and curious or wanting to learn new variations for your inversion practice this workshop is for you - Led Meghan Ruiz, *Bay Room*

4-6pm Evening Class Option

Yoga Nidra - Learn about this ancient technique of deep relaxation through gentle asana, a short lecture, and a guided practice into Yoga Nidra - led by Lauri Glenn, *Lake Room*

Hula Hoop – Unlock your potential and discover your authentic way of moving in and out of a hula hoop. Focus on basic body skills to encourage and isolate specific muscle groups and connect with your hoop. Learn body tricks and explore hula movement – led by Kelly Smiley, *Mountain Room*

Cacao Ceremony/Kirtan - (Additional Cost \$5) - With cacao's ability to increase your connection to your inner self and your heart chakra, drink a small cup of cacao and enjoy a short meditation and intention setting before an expanding practice of kirtan - led by Emily Weer, *Bay Room*

6-7pm – **Alibi Ale Works** – Enjoy local brews and meet someone new, *Mountain Deck*

7:00-8pm – Dinner Buffet, *Granhall*

8-9:30pm – **Full Group Session - Dance class**- Conscious movement that liberates your mind and soul in a safe and inclusive space. Taking the freedom and power that you've gained throughout the day, relax into guided rhythm and beats with experienced dance instructor, Denay Woodman, *Mountain Ballroom*

9:30-11pm – **Fire pit social** - All are welcome to gather under the stars at Granlibakken's fire pit and enjoy the sounds of mountain life and fresh elevation air, *Mountain Deck*

Sunday, May 21, 2017

6:30 – **Sunrise Yoga & Meditation** - led by Tracy Desens, *Mountain Ballroom*

7:30-9am – 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 Yoga DJ, Katabliss (Tokat), the cherry on top of the weekend, *Mountain Ballroom*