



Friday, June 1st, 2018

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

5-6:30pm – **Opening Session – Sierra Soul Journey** - Open the weekend through this sacred experience bringing yoga, breath work, and sound vibration all together in a healing journey to open the soul. Led by Ashley Cooper, accompanied by a live yoga DJ.

6:30-7:30pm – **Dinner Buffet** – Fresh, rich Peruvian flavors: Avocado, corn & quinoa salad, seafood stew in a cilantro broth, Pollo A La Brasa – marinated with soy sauce, oregano and fresh lime, vegetarian lentil stew served over brown rice.

7:30-10pm – Social: **Meet & Greet** – Enjoy the company and conversation of someone new with live music and local drinks

Saturday, June 2nd, 2018

Early Morning Class Options

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. Led by Tracy Desens

7:30-8:00am – **Guided Meditation** – Ground your day with a guided meditation practice that opens your heart and mind. Led by Ashley Cooper

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

9-11am Morning Class Options

Tai Chi - A graceful flow of physical movement and postures that focus on yin and yang or balance of life. Led by Mark Kuehene

Acro - Yoga - AcroYoga combines the ancient wisdom of yoga, the dynamic strength of acrobatics, and the loving kindness of Thai massage. Experience the lunar aspects of this practice through alignment-based asana, partner yoga, Thai massage and therapeutic flying. Through the foundations of trust and communication, come with an open heart and willingness to play! Led by Katie Capano

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

11:30am-1pm – **Lunch Buffet – Soup & Salad**: Organic carrot, ginger soup, golden Chickpea & Tumeric Soup, Colorful Beets, Heirloom Tomatoes with Farro, Shaved Brussel Sprouts with a Citrus Vinaigrette, Aruglua & Sweet Potato in a Lemon Vinaigrette, *Granhall*



11:00am-7:00pm **NEW!! 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.

Saturday, June 2nd continued...

1:00-2:00pm Speakeasy

Create your own mantra - Join this quiet session that offers writing prompts to self-direct you into an inward reflection. Allow your heart's desire to rise to the surface of your consciousness by taking 10-15 minutes and learn how to develop a Sankalpa - a resolve - to guide your decisions and nurture your life for the next weeks or months. A guide will be present to assist and answer questions. Bring your writing utensil and journal. Consider bringing a rock, piece of wood, or shell to create a physical talisman of your promise to yourself - this is highly encouraged.

Exploring Energy Medicine - Learn to balance the cortices of your brain through a simple, relaxation technique involving tapping and the breath. Life is full and can often lead to overwhelming feelings of stress and disconnection. By practicing this self help technique, you will learn & enhance the communication between the two hemispheres of the brain, thus allowing greater focus, mental clarity, calmness, pain reduction and general improvement in well being. Led by Bodytalk specialist Brooke Butler

2:30-4:00pm Afternoon Class Options

Iyengar - This Iyengar class will emphasize alignment in all poses with increased poise, balance, and a feeling of being centered. Your mobility and stability will gain strength through breath control and posture as we increase awareness of the inner and outer body and breath. Led by Deborah Lapkin

Shinrin Yoku (Forest Bathing) - 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 Cooper

Finding Balance – We've heard that balance is the key to life. This workshop explores standing poses, beginning with mountain pose. Learn how to stand tall in your power through a hatha practice intelligently sequenced around the art of balance. Led by Meghan Ruiz

4:30-6:00pm Evening Class Option -

Yin-permanence - The one constant in life is change. We can see this in nature, our economy, our minds and bodies. Through a slow, mindful, deeply releasing practice of Yin Yoga, we will explore our relationship to change not just in our bodies but our lives so we may live more joyfully in the light of Impermanence. Mostly movement with some discussion and meditation. Yin Yoga is breath centered, done mostly on the ground, in passive poses held for 3-7 minutes. Led by Lauri Glenn

Hatha Flow - Align body, mind, and spirit through this sweet flow that honors your breath and life force. Warm up slowly and mindfully, becoming totally present, and move through a practice that will build strength, focus, and connection. Led by Deanna Kay

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 Breeze Cross

6:00-7:00pm – **Alibi Ale Works** – Enjoy local brews and each other

7:00-8:00pm – **Dinner Buffet:** Arugula & in a balsamic vinaigrette, grilled halibut in a mango, ginger salsa or roasted rosemary chicken served over brown watermelon rice, vegetarian spaghetti squash with stuffed tomatoes, sautéed asparagus & cauliflower, *Granhall*

8:00-9:00pm – **Tahoe Flow Arts Performance** – Tahoe Flow Arts bring a remarkable performance that will elevate your soul with inspiration, entertainment, music and moves.

9:00-10:30pm – **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 3rd, 2018

7:00-8:00am – **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. Led by Tracy Desens

7:30-9:00am – **Breakfast Buffet** - Guest checkout encouraged during this time (Hotel Check Out Policy – 11am)

9:00-9:45am - **Closing Ceremony** - circle together in a sacred moment of grounding. Together we will begin to consciously weave everything you learned this weekend into your daily life. This will involve meditation and be light on movement before we energize and celebrate with our closing Drum Circle. Led by Ashley Cooper

10:00-11:30am - **Drum Circle by Drum Chik**- Close the weekend with the rhythm and beats of a drum and dance circle led by professional drummers. Connecting to 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.

