



## Friday, June 1<sup>st</sup>, 2018

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

5-6:30pm – **Opening Session – Sierra Soul Journey/Song /Search-** Open the weekend through this sacred experience bringing yoga, breath work, and sound vibration all together in a healing journey to open the soul

6:30-7:30pm – **Dinner Buffet**, *Granhall*

7:30-9pm – Social: **Meet & Greet** – Enjoy the company and conversation of someone new with live music and local drinks

9:00-10:00pm **Fire Pit** – Gather round the fire pit and set your intentions for the weekend

## Saturday, June 2<sup>nd</sup>, 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

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

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

**Acroyoga 101** - Are you curious about all the hype around Acroyoga? This playful class is accessible for all levels. We'll begin with an alignment-based yoga flow and incorporate what we do on the floor in our partner work. Expect to connect to your core, laugh, build trust and communication skills. No partner required.

**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.

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



## Saturday, June 2<sup>nd</sup> continued...

1:00-2:00pm **Create your own mantra** - Quiet the mind and connect with what you most want to manifest in your life. This Speakeasy will include a brief talk, short meditations, and written portion to send you home with a concise statement of purpose. \*Bring your writing utensil, journal, and any pieces/jewelry that are meaningful to you.

2:30-4:00pm 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

**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

**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.

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.

**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.

**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

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

7:00-8:00pm – **Dinner Buffet**, *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 3<sup>rd</sup>, 2018

### Early Morning Class

7:30-8:30am – **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

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

9:30-11:00am - **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. We will end the class with a closing ceremony.

A SERIES OF WELLNESS EVENTS

# SIERRASOUL



*Elevated Healing*  
At Granlibakken Tahoe

Schedule may change, classes based on space availability