



The Yoga of Transformation Retreat

Valle Crucis Schedule

August 2009

This is your retreat experience! All sessions are optional...do as little or as much as you like.

Wednesday August 12, 2009

3-4pm Check in to the Inn

4-5pm *Teacher Training Gathering (Outdoor Chapel beside the Inn)*

5pm Gathering on the Front Porch: Meet your fellow retreaters, just pull up a rocking chair, look out into the valley and breathe a deep sigh of relief that you made it!

6:30pm Dinner

8:00-9:30pm Thai Yoga, Meditation, Pranayama in the Apple Barn: Let your life's worries wash away on the subtle ripples of prana. Settle into your retreat experience and get ready for an amazing journey!

Thursday, August 13, 2009

7am Meditation with Noelle

8am Breakfast

9:30-11:30am **Step into the Fire of Purification:** Join Ashley and the gifted musicians of **Dhamaru** for a fire-supportive cleansing practice of deep hip openers, mantra, contemplation and fire ceremony. Make space for a transformative journey into the center of yourself!

Noon: Lunch

2-3:15 *Teacher Training Breakout Session: The Art of Observation: A contemplative and meditative experience. Johnson Hall*

3:30-5:30 **Agni as Puja: Detox and Transformation.** Noelle will gracefully lead you in a practice of strong vinyasa, deep twists, supported by pranayama and kriya meditation.

6pm Dinner

7:30pm Apple Barn Satsang: Ash and Noelle leads the group in reflection and contemplation of the day's journey inward. In the process of sharing, deeper insights arise and your sankalpa (intention) clarified.

Friday, August 14, 2009

7am Meditation with Amy Jeanette

8am Breakfast

9:30-11:30am **Flowing with Creativity: Softening into the Spanda** (pulsation of life). Enjoy the music of Dhamaru as Noelle eloquently guides you to dance to the edge of your practice with flowing mandala namaskars and movement meditation.

Noon: Lunch

1:30pm Waterfall Hike and Nature practice

4-6pm **Surrender to the Flow of Grace: Quieting Hip Openers** with Ashley. Following a dharma talk of Tantric philosophy, journey inward through a practice that is designed to quiet the body and still the mind. Once the field is prepared, you will be led into a deep meditation and settling relaxation.

6:30pm Dinner

8pm Satsang, group integration, chanting and yoga nidra

Saturday, August 15, 2009

7am Meditation with Ashley

8am Breakfast

9:30-11:30am **Diving into the Mystery of the Unknown:** Dhamaru leads us on an exquisite journey through music, vibration and spirit! Ashley and Noelle both support you in this experience of Chandra Namaskar (moon salutations), Deep Backbends and Supportive Drop Backs. Trust in the support within and surrounding you! Whatever your skill level, you will be offered opportunity to meet full potential of your heart's expression!

Noon Lunch

3:30-5pm Break Out Sessions

Option #1 **Finding your Wings: Inversions and Arm Balances** with Noelle

Option #2 **Finding Stillness: Reiki and Meditation** with Amy

Teacher Training session: Skillful Support: Responding to Observation through Words, Actions and Yogic Assists with Ashley

6pm Dinner

8pm **The Bliss of Life!** Join us in the Apple Barn for the pleasures of life...Great Company, Great Music, Kirtan, Ecstatic Dance, Wine, Chocolate and Tea Tasting!

Sunday, August 16, 2009

6:30am Silent walk to Labyrinth

7am Labyrinth Ceremony and Walking Meditation

8am Breakfast

(Check out prior to morning session)

10:30am Closing Kula Practice: Retreat To Go: Cultivating your Home Practice. A favorite session of our annual retreats, we are led by Dhamaru in a very special closing ceremony practice. You are supported to go deeper and listen to your intuitive voice, through initial guiding, and then space to explore within the Apple Barn Kula. This is a powerful way to begin your journey home!