



**Meditation and Yoga Retreat
Lake Blue Ridge
February 22-24, 2019**

Friday

4:30-6pm **Check-in, Settle in**
6:15pm **Welcome and Introductions**
6:45 -7:15pm **Yoga at Sunset**
7:30pm **Dinner**
8:15pm **Introduction to Meditation with Intention Setting**
(Please bring eye mask and ear plugs)
10:30pm **Lights out**

Saturday

7am (7:13am sunrise) **Guided Creative Sunrise Meditation**
8:00am-8:30am **Breakfast**
9:15-10:15am **Yoga**
10:15-11:45am **Mindfulness Meditation Instruction**
12pm **Lunch**
1:30-2:45 **Creating Something from Nothing: Mystical Meditation**
(please bring headphones, smartphone/app & eye mask)
4:00-4:45pm **Meditation in Nature Meditation (weather permitting)**
(please bring walking shoes and bundle up)
5:30-6:30 **Yoga at Sunset**
(silence commences)
7:00pm **Dinner in Silence**
8:00pm **Moonlight meditation**
(cessation of silence)
10:30pm **Lights out**

Sunday

7am -7:45 (7:11am Sunrise) **Sunrise Yoga**
8am **Breakfast**
8:45-9:45 **Group Hypnotherapy**
10-10:45am **Making Meditation Habitual**
11-12pm **Depart**

*Schedule is tentative and subject to change