



## **Simply Yoga in the Mountains Retreat**

May 15 – 17, 2026

### **Schedule:**

#### **Friday**

4:00 Registration

5:00 Wine and Cheese Social

6:00 Dinner - Virginia House

7:00 Introductions - Theme: "Feeling Good"

7:30 Chair Yoga with Debbie

#### **Saturday**

7:15 Sunrise Yoga with Barbara

8:00 Breakfast

10-12:00 Workshop: Chakras- understanding and balancing your Chakras

12:00 Free time (rest, hike, relax on the porch or take a Tour of SM, begins at 2pm at Shrine).

12:30 Lunch

4:30 Yin Yoga with Abigail

5:30 Dinner

7:00-8:30 Somatic Yoga Sequence with Debbie

#### **Sunday**

7:15 Sunrise Yoga with Debbie

8:00 Breakfast

9:30 Relaxing Yoga with Barbara

10:15 Cultivating a Daily Ritual

11:30 Closing Circle

12:30 Lunch