



## 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