

## **Yoga Teacher Retreat *TENTATIVE* Schedule**

*Please note this schedule is subject to change*

Thursday, August 31- Monday, September 2nd

Schedule

### **Thursday, August 29**

3:00 -5:30 pm Check-in & Welcome

5:30 pm Welcoming Circle

7:30 pm Dinner

### **Friday, August 30th**

7:30 am - 9:00 am Breakfast

9:00 - 10:00 am Creative Yoga Flow

10:00 - 11:45 pm Workshop 1

- Creative sequencing basics

12:00 pm- 1:00 pm Lunch

1:00 - 4:00 pm Workshop 2

- Creative sequencing

4:00 - 6:00 pm FREE TIME

6:00 - 7:00 pm Dinner

7:00 - 8:15 pm Yin Yoga

### **Saturday, August 31st**

7:30 am - 9:00 am Breakfast

9:00 - 10:00 am Creative Yoga Flow

10:00 - 11:45 pm Workshop 1

- Creative sequencing

12:00 pm- 1:00 pm Lunch

1:00 - 4:00 pm Workshop 2

- How to build dharma talks

4:00 - 6:00 pm FREE TIME

6:00 - 7:00 pm Dinner

7:00 - 8:00 pm Reiki Meditation

### **Sunday, September 1st**

7:30 am - 9:00 am Breakfast

9:00 - 10:00 am Creative Yoga Flow

10:00 - 11:45 pm Workshop 1

- How to improve your cueing

12:00 pm- 1:00 pm Lunch

1:00 - 4:00 pm Workshop 2

- Teaching in a progressive manner

5:00 -6:00 pm pm Dinner

7:00 pm Sunset Cruise

### **Monday, September 2nd**

7:30 am - 9:00 am Breakfast

9:00 - 10:00 am Creative Yoga Flow

10:00 - 11:00 am Closing Circle

11:00 am 12:00 pm Depart retreat