

Creating a Vision Board

You will create an individual collage poster that represents your wishes, dreams, and goals. It will include images, quotes, and photos of family, friends, travel, education, and any other goals for your future self.

Vision Board Day Yoga Retreat

Saturday April 9, 2016
9am-4pm
2124 St. Bernard Drive

Spend a fulfilling day of yoga and relaxation in the beautiful scenery of Pine Mountain Club. We will utilize yoga poses to help you feel more energized and focused. This day will help you see the clarity of your hopes and dreams. There will be yoga for all levels, meditation, stretching, relaxation, and we will be making Vision Boards. We will also enjoy the beautiful outdoors and take a short walk on the mountain trails. You will leave feeling like you had a mini vacation and you will have created a vision for your life.

Schedule:

8:45am- check in

9:00am-10:30am- opening meditation & yoga class

11am- 12pm- Vision Board Workshop

12-1pm- gluten free/vegan lunch

1:30-2:00- short walk (WEATHER PERMITTING)

2:30pm-4:00pm yoga stretch class and relaxation

Cost:

EARLY BIRD SPECIAL: \$60.00 (Payment in full by March 26, 2016)

After March 26, 2016: \$75.00

To sign up contact me: (661) 993-3890 or toni4yoga@gmail.com

