

Toni's Yoga Retreat 2017 Schedule

The Study of the Niyamas -Observances

"The practice of Niyama helps us maintain a positive environment in which to grow, and gives us the self-discipline and inner-strength necessary to progress along the path of yoga"

Saturday May 20, 2017

10am-5pm

\$70.00

Activity: Lilac Festival <http://www.pmclilacfestival.com/>

Theme: "Purity- the active pursuit of letting go"

Enjoy a day of yoga, some delicious food and enjoy the mountain air while visiting the Lilac Festival.

Saturday June 10, 2017

10am-5pm

\$70.00

Activity: Wine in the Pines <http://www.wineinthepines.com/index.html>

Theme: "Contentment-the active practice of gratitude"

Enjoy a day of yoga, some delicious food and enjoy the mountain air while visiting the Village Wine Festival.

Saturday July 22, 2017

10am- 5pm

\$70.00

Activity: Hike/Walk Mountain Trails

Theme: "Self-Discipline- is effort towards a future value, in lieu of a momentary pleasure"

Enjoy a day of yoga, some delicious food and relish in the mountain scenery and fresh air during our hike through the trails.

August 19, 2017

10am-5pm

\$70.00

Activity: Hike/Walk Mountain Trails

Theme: "Self-Study-the intentional seeking to know who you are"

Enjoy a day of yoga, some delicious food and relish in the mountain scenery and fresh air during our hike through the trails.

September 16, 2017

10am-5pm

\$70.00

Activity: Hike/Walk Mountain Trails

Theme: "Surrender-actively putting ourselves at the feet of something greater than we are"

Enjoy a day of yoga, some delicious food and relish in the mountain scenery and fresh air during our hike through the trails.

October 21, 2017

10am-5pm

\$70.00

Activity: Hike/Walk Mountain Trails

Theme: "Non Violence- Face Your fears. The first lesson on Yamas "restraints"

Enjoy a day of yoga, some delicious food and relish in the mountain scenery and fresh air during our hike through the trails