

# Lilac Festival Day Yoga Retreat

Saturday, May 20, 2017  
10am-5pm  
2124 St. Bernard Drive



## Reservations:

- To reserve your spot contact me at [toni4yoga@gmail.com](mailto:toni4yoga@gmail.com)
- **EARLY BIRD SPECIAL: \$70.00**  
(Payment in full by May 1, 2017)
- After May 1, 2017: \$85.00

"Purity- the active pursuit of letting go. It invites us to purify our bodies, our thoughts, and our words. It invites us to be purely available to each moment as it happens."

## Schedule:

9:45am	Check in
10am-11am	Introductions, philosophy, and mantra work
11:00-12:15	Yoga Flow Class
12:30-1:15	A light gluten free/vegan lunch
1:30-3:30	Lilac festival <a href="http://www.pmcilacfestival.com/">http://www.pmcilacfestival.com/</a>
3:30-5:00	Yin Yoga/Therapeutic Class, mediation, and relaxation

Spend a day in the mountains getting away from your busy life and connecting to nature. During this yoga retreat, we will explore "Purity," which is the first of the Niyamas (Observances). We will also be attending the Pine Mountain Club Lilac Festival. This retreat will feel like an oasis in the mountains and leave you feeling rejuvenated.