

# Toni's Yoga Retreat 2018 Schedule

To reserve your spot email me at [toni4yoga@gmail.com](mailto:toni4yoga@gmail.com)

**Saturday May 19, 2018** \*\*\*SOLD OUT\*\*\*

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

**Theme:** Lilacs- their magic, spirituality and portrayal of love

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

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**Saturday June 9, 2018** \*\*\*SOLD OUT\*\*\*

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

**Theme:** Friendship and Celebration

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

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## The Study of the Yamas –Restraints

The Yamas are a form of moral imperatives, commandments, rules or goals.

**Saturday July 21, 2018**

**10am- 5pm**

**\$75.00**

**Activity:** Hike/Walk Mountain Trails

**Theme:** "Truthfulness- guides us from lies to expressing our uniqueness and authenticity"

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

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**Saturday August 18, 2018**

**10am-5pm**

**\$75.00**

**Activity:** Hike/Walk Mountain Trails

**Theme:** "Non-stealing-guides us from theft to cultivating new skills and abilities."

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

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**Saturday September 15, 2018**

**10am-5pm**

**\$75.00**

**Activity:** Reiki and Healing Crystals

**Theme:** "Non-Excess- guides from greed to appreciation and pleasure without excess."

*Enjoy a day of yoga, some delicious food, mini Reiki session and learn about the healing properties of crystals.*

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**Saturday October 20, 2018**

**10am-5pm**

**\$75.00**

**Activity:** Mini Facials

**Theme:** "Non-Possessiveness- guides us from attachment to intimacy without possession"

*Enjoy a day of yoga, some delicious food and a mini facial.*