

## Toni's Yoga Retreat 2018 Schedule

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

*Come spend the day in the mountains away from the city. My house is just an hour from Santa Clarita, but it feels like a whole different world. Enjoy a day surrounded by nature & engulfed in quiet.*

Here is the schedule for the day for each retreat.

- 9:30am-10:00am check in
- 10:00am – Philosophy lecture/discussion, mantra & mudra
- 10:45am- Yoga class with fun music
- 12:15pm- Lunch that is provided for you
- 1:30pm- Activity (see each retreat for more information)
- 3:30pm- Yin yoga, and restoratives

### The Study of the Yamas –Restraints

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

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**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.*