

OJAI YOGA RETREAT



Agenda

This is your retreat – ALL sessions are optional!

Friday, Saturday and Sunday

October 30-31 & November 1, 2009

Ojai Retreat and Bed & Breakfast

160 Besant Road • Ojai, California • 93023

(805) 646-2536

Friday, October 30th

Arrival/Check-In

5:00pm – 6:30pm

Welcome, Introductions & Potluck

6:30pm – 7:30pm

- *Open your heart and welcome the spirit of community*
- *Gather together to enjoy all the bountiful flavors*

Evening Yoga Practice

7:30pm – 9:00pm

- *Celebrate harmony and experience connections while experimenting with fun group poses, energy work and twists & bends.*
- *Experience a simple standing practice and end with some floor work, working with props to deepen and explore in our asanas.*
- *Ending with energy healing through mudras.*

Fireside Chat

9:00pm – 11:00pm

- *Relax in our comfy living room, enjoy the warmth by the fire or make your way to the kitchen for a warm cup of tea or snack.*

Saturday, October 31st

Coffee brewing/Tea steeping

7:15am – 7:30am

Early Morning Meditation and Chanting

7:30am – 8:15am

- *Start the day with a strong awareness of the Breath of Life.*
- *Explore meditation techniques and chants that inspire and refresh your heart and soul.*

- Morning Vigorous Yoga Practice 8:15am – 9:45am
- *Participate in a strong practice to awaken your physical body.*
 - *Calm your mind and awaken your senses through Aromatherapy.*
- Breakfast 9:45am – 10:45am
- *Hard boiled eggs, fruit, hearty breads and juice.*
- Group Hike/Nature Meditation 11:00am – 12:30pm
- *Enjoy the spectacular views of the Ojai Valley.*
- Workshop/lecture on the study of Ayurveda 12:30pm – 1:00pm
- *An overview of the ancient study of living an Ayurvedic lifestyle*
 - *Learn your Dosha through a comprehensive questionnaire*
- Lunch 1:00pm – 2:00pm
- *Warm vegetarian chili, homemade cornbread, fruit and iced tea.*
- Body Scan 2:00pm – 3:00pm
- *Draw a map of your body (encompasses the mind, body, breath, physical, emotional and wisdom).*
 - *Explore each of the above in a deep relaxing state.*
 - *Express yourself through colors, shapes, and symbols and map out an understanding of your entire being.*
 - *See, find and begin your beautiful journey.*
- Vigorous Afternoon Yoga Practice 3:00pm – 4:30pm
- *Bring awareness to energy sites from the Body Scan exercise and better understand its function through specific postures.*
 - *End the practice with unique breathing techniques to energize.*
- Free time 4:30pm – 6:00pm
- *Enjoy the secluded, wooded hilltop property or venture into Ojai's Town Center.*
- Dinner 6:00pm – 7:30pm
- *Enjoy an evening meal in Ojai and wander the little town.*
- Restorative Evening Yoga Practice 8:00pm – 9:00pm
- *Move from one restorative posture to another as you practice deep relaxation and learn to surrender.*
 - *Experience deep healing, locating and removing energy and breath blocks.*
 - *Tap into deep thought patterns.*
 - *Be introduced to Yoga Nidra (Yogic sleep).*
- Fireside Chat 9:00pm – 10:00pm
- *Gather around the fireplace for more evening community.*

Sunday, November 1, 2009

Coffee brewing/Tea steeping	7:15am – 7:30am
Early Morning Meditation and Chanting	7:30am – 8:15am
<ul style="list-style-type: none">- <i>Discover how the mind and body support each other in meditation.</i>- <i>Invite your breath to flow gently and your soul to soar as you work with mudras and mantras.</i>- <i>Experience energetic clearing and sacred chanting.</i>	
Morning Vigorous Yoga Practice	8:15am – 9:45am
<ul style="list-style-type: none">- <i>Experience a very vigorous GROUNDING practice as we move toward departure, leave our retreat and settle in back at home.</i>- <i>Use of Aromatherapy as well as Reiki (energy healing).</i>	
Breakfast	9:45am – 10:45am
<ul style="list-style-type: none">- <i>Warm oatmeal with selection of toppings, fruit, hearty breads and juice.</i>	
Closing Remarks/Departure	10:45am – 12:00pm