

Another Path Yoga and Meditation Retreat Schedule*

*Note: All activities are optional. Make this your retreat.

Friday:

3:00 – 4:00 pm check in

4:00 – 4:30 Orientation

4:45 – 6:00 Gentle Flow Yoga

6:00 – 7:00 Dinner

7:00 – 7:30 Connection Circle

7:30 – 8:00 Yoga Nidra (done laying down, creates a soothing state of being, easing stress and anxiety)

8:00 pm scheduled activities end for the day (firepit circle or porch sitting)

10:30 pm quiet time

Saturday:

7:30 – 8:00 am Morning Meditation (or walk the grounds on your own)

8:00 – 9:00 Breakfast

9:00 – 9:30 Breathwork

9:30 – 9:45 Break

9:45 – 10:30 Yoga Vinyasa Flow (more vigorous yoga)

Break 10:30 – 10:45

10:45 – 11:45 Yin Yoga (mostly sitting on the mat, holding postures for longer time periods to create changes in the myofascial and connective tissue)

12:00 – 1:00 pm Lunch

12:30 – 4:30 pm free time (optional guided waterfall hike, orchard visit, schedule a massage, or Blue Ridge/Ellijay town visit on your own)

4:45-5:45 pm Sound Bath

5:45 – 6:00 pm Break

6:00 – 7:00 Dinner

7:30 -8:00 Yoga Nidra

8:00 pm scheduled activities end, optional porch sitting or firepit circle

10:30 pm Quiet time

Sunday:

7:30 – 8:00 am Morning Meditation

8:00 – 9:00 Breakfast

9:00 – 9:45 Connection Circle

9:45 – 10:00 Break

10:00 – 11:30 Vin/Yin Yoga (We will start with a vinyasa flow and end with a yin practice)

11:30 – 12:00 Break/Pack

12:00 – 1:00 pm lunch, goodbyes