



Renew All of You . . .
Physically, Mentally, Emotionally, Spiritually
October 29 – November 1, 2020
The Bosque Retreat Center, Albuquerque NM

Retreat Outline*:

Thursday 10/29

- 4 pm check in
- 6 pm Welcome and Dinner
- 7:30 pm Orientation, Q&A
- 8 pm Yoga Nidra ('sleep of the yogi' to start your weekend with deep relaxation)

Friday 10/30

- 7 am join-as-you-wish morning meditation
- 7:30 am breakfast
- 9 – 11:30 am Walking meditation on Bosque; Yoga for Balance
- 12 noon lunch
- 1:30 – 3 pm Self-massage techniques for the face, scalp and head
- Break
- 3:30 – 5:30 pm Breath Essentials for Your Yoga and Fitness Practices
- 6 pm dinner
- 7:30 pm Walk the labyrinth
- 8:30 pm – Restorative Yoga

Saturday 10/31

- 7 am join-as-you-wish morning meditation
- 7:30 am breakfast
- 9 – 11:30 am Bosque Walk with Weights & Body Weight Movements for Strength
- 12 noon lunch
- 1:30 – 3 pm Choose One Workshop:
 - Aromatherapy **OR**
 - Tarka, The Art of Reflection
- Break
- 3:30 – 5:30 pm Hearth-Healthy Yoga (and cardio?)
- 6 pm dinner
- 7:30 pm Halloween yoga scavenger hunt (with prizes!); White Elephant exchange

Sunday 11/1

- 7 am join-as-you-wish morning meditation
- 7:30 am breakfast
- 9 to 10:30 am Mudra and Japa Mala for Meditation; Closing Ceremony
- 11 am checkout

*Session Time and/or Content May Be Subject to Change.