

# Yoga RETREAT

April 20-22



THRIVE WELLNESS

## FRIDAY - 20th

Arrive Between 5pm-6

6-7 - Welcome, orientation, and light dinner - Julie Bokker

7:15-8:00 - Group experience and a smudging - Paul Bokker

8:15 - Asana practice and satsang - Chrystal Shetron



## SATURDAY-21st

7:30-8:30 - Breakfast

8:45-9:45 - "Nutrition" - Brittany Biggers

10:00-11:15 - "The Yoga Experience" - Nannette Daugherty

11:15-12:15 - Yoga Practice - Nannette Daugherty

12:30-1:00 - Lunch

1-4 - Free Time

4-5 - Yoga Practice - Crystal Shetron

5:30-6:30 - Dinner

7-8 - "Chakras and Energy" - Kay Wiggins

8:15 - Asana-Satsang-Yoga Nidra - Kay Wiggins



## SUNDAY - 22nd

7:30-8:30 - Breakfast

9-10 - free time

11:15 - Yoga Practice - Chrystal Shetron

12:15 - Take aways - Paul Bokker



Cost is \$209 for the weekend which includes lodging, refreshments, meals, yoga sessions, and presentations. Massages, if reserved two weeks in advance are available for an additional \$50. Call Paul at 870-257-4938 or mail \$50 registration fee to Thrive Wellness, P.O. Box 176, Cherokee Village, Ar 72525. Thrive Wellness [www.wethrivewellness.com](http://www.wethrivewellness.com)