

Sunburst YogaFest Retreat

Friday, May 24 – Monday May 27, 2019 (Memorial Weekend)

Friday

- 2 – 4:30 PM Check-in if staying overnight (or 4:30 – 5 PM if not staying overnight) – Office
- 5:30 Light Dinner*
- 6:00 Welcoming – Lodge – Patty Paulsen
- 6:15 Logistics & Retreat Intro – Lodge – Elena A.
- 7:00 Restorative Yoga – Lodge Yoga Room – Lori Anderson
Recharge & rejuvenate by maintaining flexibility and range of motion.

Saturday

- 7:30AM Vraaja Yoga – Lodge Yoga Room – Tommy Anderson
Learn micro movements to facilitate myofascial release.
- 9:00 Breakfast*
- 10:30 Kundalini Yoga – Lodge Yoga Room – Devi Atma Kaur
Kundalini Yoga combines breath techniques, mudra, eye-focus, mantra, and body locks.
- 12:30 PM Lunch*
- 2:00 Awaken Your Soul – Temple – David Adolphsen
Learn about the history of Sunburst and the tools of an ancient technique of concentration that Paramahansa Yogananda introduced to the West, working with your breath, mind and energy to attain one pointed concentration on the Divine. This practice, the Hong Sau technique of concentration, will help you experience calmness, peace of mind, soul awareness, and freedom from restless thoughts.
- 5:30 Dinner*
- 7:00 Bhakti Yoga & Kirtan – Temple – Annapurna Devi
Devotional Yoga through song, chant and quiet.

Sunday

- 7:00– 8AM Continental Breakfast*
- 8:30 – 9:30 AM Pranayama Yoga – Lodge Yoga Room – Patty Paulsen
Uses breathing techniques to clear the physical and emotional obstacles in our body to free the breath and so the flow of prana - life energy.
- 10:30 Sunday Service - includes music, short inspirational talk, quiet time for prayer and meditation – Temple
- After service Brunch*
- 1:30 Hike the land – Sunburst Docent Craig Hanson
- 5:30 Dinner*
- 7:00 Thai Yoga Therapy – Lodge Yoga Room – Lori Anderson
A combination of massage, acupuncture, stretching, twisting, energy work and meditation all rolled into one.

Monday

- 8:00 – 9:00AM Heart Beat Movement Yoga – Lodge Yoga Room – Nicole Hoperich
A fusion of Kundalini & Vinyasa poses that incorporates live drumming with the idea that the beat sets a pace, calms the mind and allows a greater connection to the body's own rhythms.
- 9:30 Continental Breakfast*

*All meals are served in the Lodge Dining Room and are vegetarian.