

Blue Barn Retreat Schedule

August 19 - 21, 2022

Friday

6:00-8:00 pm - The Sacred Movement of The Universal: The Universal pulsation that lies within all things. Standing postures that build freedom through stability.

Saturday

8:00-9:00 - Contemplation & Meditation: Shambavhi Mudra - Subject and Object Awareness

9:45-12:30 - Seeing is Believing: An upbeat full spectrum practice designed to expand awareness of how the Universal Pulsation affects every experience in one's life.

12:30-2:30 - Lunch

2:30 - 5:00 - Address Adrenaline Addiction: Set boundaries for less is more by slowing down. Ayurvedic concepts, hip openers, and self massage techniques.

Sunday

8:30 - 9:00 - Contemplation & Meditation

9:45 - 11:30 - Enlightenment Includes Forgetting: Create a vision for success that eliminates the emotional & physical inflammation caused by perfectionism. A heart opening asana practice that celebrates small wins as a way to stay steady on your path.

11:30-12:00 - Closing Circle: When your heart is full, it's easier to be the change you want to see in the world!