Weekend Retreat • Precision Alignment Yoga • Mindfulness Practices
Hope Springs Institute** with **Betty Larsen** & **John Charping

Weekend Retreat Schedule

June 11–13, 2010

Friday ***Afternoon & Evening***

1:30-3:30 *gathering of the community and registration**
** For those who cannot arrive at the retreat center until Friday evening, registration will occur immediately following dinner before the evening session (7:30-8:00).*

4:30-6:00 **Active Restorative Yoga** *and* **Mindful Breathing** *(pre-workshop asana class)*
6:30 *dinner*
8:00-8:30 *welcome, introductions, and weekend overview*
8:30-9:30 **Introduction to Mindfulness**
10:30 *lights out ∞ "Brahms Lullaby"*

Saturday ***Morning***

6:30 *arise ∞ "Morning Has Broken"*
7:00-8:00 **Pranayama**
8:30 *breakfast*
9:00-10:00 ***free time***
10:00-12:00 **Asana Class**
12:30 *lunch*

Afternoon & Evening

1:00-3:00 ***free time***
3:00-4:00 **Sounds of Yoga: Sanskrit and Chanting**
4:00-6:00 **Asana Class** with **Yoga Nidra**
6:30 *dinner*
8:00-9:00 **Overview of Yoga Philosophy & Literature**
9:00-10:00 *live music*
10:30 *lights out ∞ "Brahms Lullaby"*

Sunday ***Morning***

6:30 *arise ∞ "Morning Has Broken"*
7:00-8:00 **Pranayama**
8:30 *breakfast*
9:00-10:00 ***free time***
10:00-12:30 **Asana Class**
1:00-1:30 **Introduction to Mindful Eating** *(in the dining room)*
1:30-2:30 *lunch*
2:30 *departure ∞ from retreat site but not from mindfulness*