

Salmon River Private Yoga Retreat

Day 1: Arrive & Open

Check in at 3pm
Opening Ceremony at 5pm
Dinner
Evening Restorative Yoga Class

Day 2: Tap into Your Potential

Sunrise singing bowl & tea awakening
Morning guided meditation
Alignment based yoga class
Breakfast
Workshop 1 - Connect to your True Center
Lunch
Free Time to Rest and Restore
Reiki Healing Sessions
Happy Hour Activity
Nourishing dinner
Evening Restorative Yoga Class

Day 3: Feeling Good and Soaking it Up

Sunrise singing bowl & tea awakening
Morning guided meditation
Alignment based yoga class
Breakfast
Workshop 2 - Non-Attachment & Divine Play
Lunch
Free Time to Rest and Restore
Outdoor Yoga Adventure
~ Reiki Energy Activity
Mindful Happy Hour
Dinner Party
Free Time to Relax & Celebrate

Day 4: Sew your Dreams into Reality

Sunrise singing bowl & tea awakening
Farewell yoga class & meditation
Breakfast
Closing Ceremony
Check out at 11am - Start planning your next yoga retreat!

**3 Days
3 Nights**
Check-in 3pm/ Check-out 11am

\$300 non-refundable deposit required to
Save Your Space (deposits never expire)
www.yogainbody.com/save-your-space

What you Get

- An incredible opportunity
- A customized retreat for you
- 3 nights riverfront lodging
- Private & Personalized Yoga
 - Physical and energetic alignment adjustments
 - Special care for your needs
- Guided meditations & tools to balance your mind daily
- 2 workshops designed for you
 - Direct experience with each of the 7 chakras
- 75 Minute Reiki Session
- Outdoor yoga adventure
- Yoga Inbody gift
- An experience unplugged
- Delicious organic meals provided by request prior to retreat
 - All dietary needs accommodated

