
Salmon River Mini Yoga Retreat

Includes:

1 Nights Lodging at Inbody Hideaway
Dinner Night 1
Breakfast Day 2
Opening Ceremony
Evening Yoga Class
Sunrise Morning Ritual
Meditation & Yoga Workshop
Reiki Healing Session
Closing Ceremony

Remember to Bring:

Lunch for Day 2
Journal w/ favorite pen
Camera (You won't have cell phone)

Optional Items:

Reading book (Or use Yoga Inbody's Library)
Slippers for being cozy
Wine, beer or drink of choice
Personal Yoga Mat
Cash for Cook's Gratuity or Shopping

Retreat Flow

Day 1:

3pm Check In Inbody Hideaway
4pm - 4:30 Opening Ceremony
4:30 - 5:45 Grounding Yoga Class
6:30 Dinner

Emergency Contact for your Family as you won't have your cell phones.

Jon Kittell (Retreat Host)
970-214-9209

Day 2:

7am Sunrise Spiritual Ritual
7:30 - 9:30 Yoga Workshop
10:00 Breakfast
11- 12:15 Reiki Session - Stacey
12:30 - 1:45 Reiki Session - Karen
1:45 - 2:00 Closing Ceremony

**Inbody Hideaway
100 N. Main**

Located across from the North entrance to Chevron. Park on North side of house in front of Vacation Rental Sign. Rental door access code will be set to 2018.

Price: \$250/person or \$225/person for group of 3



