



# Winter Yoga Retreat

Charles Evans Community Library, Galena, AK

January 10-11, 2020

## “Frozen Yoga” Winter Retreat Schedule

*People of all ages and abilities are welcome. Come for all or any part of the retreat.*

### Friday, January 10

5:00 pm **Asana Basics** – *a step by step breakdown of some basic yoga poses and flow*

6:00 pm **Dinner** – *pizza; please bring a salad item to add to a mixed salad*

7:00 pm **Yoga for Mental Health**

8:00 pm **Candlelight Restorative Yoga** – *Relaxing yoga flow followed by resting poses  
please bring blankets/bolsters/pillows*

### Saturday, January 11

8:00 am **Gentle Morning Flow**

9:00 am **Breakfast** - baked goods welcome

10:00 am **Yoga Philosophy** – *introduction to the 8 Limbs of Yoga, and why yoga is not a religion*

11:00 am **Vinyasa Flow** (or Book Club at the Galena Coffee Shop)

12:00 noon **Lunch** – at the Galena Coffee Shop or on your own

1:00 pm **Break for Outdoor Recreation**

3:00 pm **Philosophy Part II, and Exploring the Breath**

4:00 pm **Yoga at Home** – *tips for planning your own sequences and developing a home practice*

5:00 pm **Potluck Dinner** – please bring a dish to share (we will have access to a stove/oven)

6:00 pm **Yoga for Physical Health**

7:00 pm **Vin to Yin** – *Active yoga flow followed by longer deep stretching poses*

Questions? Call Karin at 656-1918 or 656-1231 for details.

