

Higher Ground Retreat for Yoga Teachers October 24-29, 2021

Check in 4:00pm, Sunday, October 24 / Meet and Greet 5:30pm / Session 7:00-8:30pm
Check out 11:00am, Friday, October 29 / No training session



Sunday, Oct 24 Meet & Greet 5:30pm/Session 7:00-8:30

Daily Retreat Schedule / Monday-Thursday

7:15-8:30am Morning Yoga Class
8:30-9:30am Breakfast
9:30am-12:30pm Meditation, Philosophy, Posture Clinic
12:30-2:30pm Lunch & Free Time
2:30-6:00pm Afternoon Session
6:00-7:00pm Dinner
7:00-8:15pm Evening Session

Schedule variation: Wednesday, scenic hike on the Blue Ridge
Friday Morning check out / No class

Shankara Spa

Call in advance for a Spa Reservations, 800-392-6870
*Suggested Spa time: Book at the start of lunch time
(ask a friend to box a lunch for you to eat after your treatment).*

The Lotus Pond Center / Val Spies 813-956-3506