

# Yoga Chapel Retreat

May 1-3, 2020

## Friday

6:00 pm- Registration- Lobby

7:30 pm- Welcome and Orientation- Gold Room

Prayer Chapel, labyrinth and nature trails open all weekend

7:45 pm- Chapel 1 ( w/ Remembrance of Baptism): Tending to the Dust (Genesis 1-3)

Gentle Flow Hatha Yoga (All Levels) - Gold Room with Lenora

\* Warm, damp cloths needed: some soaked in essential oil, some plain

## Saturday

7:30 am - Breakfast

9:00 am- Chapel 2: Dry Bones Rise! (Ezekiel 37)

Yin Yoga (All Levels) - Gold Room with Lenora and Franny

\*Blocks needed (at least one, but ideally two per person)

10:00 am- Break

11:00 am- Yoga Chapel 3: Coming to Life Again (Ezekiel 37) - Two Options

Basic Hatha Yoga (All Levels) - Gold Room with Franny

Intermediate Flow Hatha Yoga (Intermediate Level) - (Blue Room) with Lenora

12:30 pm- Lunch - sign up for spiritual direction slots (put up tables and chairs in both rooms)

1:30 pm- Integrative Nutrition Workshop - Gold Room with Franny

- need chairs auditorium style and one table in front

One on One Spiritual Direction - (Florida Room) with Lenora

3:00 pm - Break

3:30 pm - Chapel 4: The Winds that Inspire Us (Ezekiel 37)

Restorative Flow Hatha Yoga (All Levels) - Gold Room with Franny

\*Blocks and blankets

4:45 pm - Prayer Beading - (Blue Room) with Lenora

\*Enough wooden beads for each person to choose 4-7 beads, hemp string, scissors

Work tables and chairs set up with supplies

5:45 pm - Dinner

7:00 pm- Chapel 5 w/ Candle Lighting: Empty Graves, Re-membered Lives (Ezekiel 37)

Evening Salutation Hatha Yoga (All Levels) with Lenora

\*Candles for individual lighting with paper protectors to carry their candle to campfire

8:15 pm- Campfire

\*Whole food smore options

## Sunday

7:30 am - Breakfast

9:00 am- Chapel 6: Being Found... Again (Genesis 3)

Basic Hatha Yoga (All Levels) - Gold Room with Franny

Intermediate Flow Hatha Yoga (Intermediate Level) - (Blue Room) with Lenora

\*Blocks optional

10:00 am- Break

10:45 am- Chapel 7 w/ Holy Communion: Living as Fertile Soil (Genesis 1-3, Ezekiel 37)

Reflective Flow Hatha Yoga (All Levels) - Gold Room with Lenora

\* Elements for Communion, including gluten free