

Yoga Chapel Retreat

April 30-May 2, 2021

Friday

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| 6:00 pm | Registration | Lobby |
| | Free Time on Property - Meditative Walk Prayer Chapel, labyrinth and nature trails open all weekend | |
| 6:45 pm | (optional) Movement Modification Clinic: How to Make the Movement Work for You | |
| 7:30 pm | Welcome and Orientation | Gold Room |
| 7:45 pm | Yoga Chapel 1 with Remembrance of Baptism Creation's Breath Meditation ♦ Genesis 1-3 Gentle Flow Hatha Yoga (All Levels) | Gold Room with Lenora |

Saturday

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| 7:30 am | Breakfast | |
| 9:00 am | Yoga Chapel 2 Dry Bones Rise! Meditation ♦ Ezekiel 37 Good Morning Sun Salutation Flow (All Levels) | Gold Room with Lenora & Franny |
| 10:00 am | Break | |
| 11:00am | Yoga Chapel 3 Coming to Life Again Meditation ♦ Ezekiel 37:7-10 -Two Options- Basic Hatha Yoga (All Levels) Intermediate Vinyasa Yoga (Intermediate Level) | Gold Room with Franny Blue Room with Lenora |
| 12:30 pm | Lunch | |
| 1:30 pm | Yoga Breathing Workshop | Gold Room with Lenora |
| | Free Time on Property - Meditative Walk | |
| 3:00 pm | Yoga Chapel 4 The Winds that Heal Us Meditation ♦ Ezekiel 37:9-10 Gentle Yin Yoga (All Levels) | Gold Room with Franny |
| 4:15 pm | Integrative Nutrition Workshop | Gold Room with Franny |
| | Free Time on Property - Meditative Walk | |
| 5:45 pm | Dinner | |
| 7:00 pm | Yoga Chapel 5 with Candle Lighting Re-membered by the Breath Meditation ♦ Ezekiel 37:1-14 Evening Moon Salutation Flow (All Levels) | Gold Room with Lenora |
| 8:15 pm | Campfire | |

Sunday

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| 7:30 am | Breakfast | |
| 9:00 am | Yoga Chapel 6 Awakening with the Breath... Again Meditation ♦ Genesis 1-3 -Two Options- Basic Hatha Yoga (All Levels) Vinyasa Yoga (Intermediate Level) | Gold Room with Franny Blue Room with Lenora |
| 10:00 am | Break | |
| 10:45 am | Yoga Chapel 7 Living Breath, Fertile Soil Meditation ♦ Ezekiel 37:1-6 Gentle Hatha Yoga (All Levels) | Gold Room with Lenora |