

“Follow your bliss and the universe will open doors where there were only walls.” –Joseph Campbell

Retreat: A quiet or secluded place where you can rest and relax

Yoga Retreat: A quiet and secluded place where you can rest, relax, eat healthy, gain knowledge and DO YOGA.

Why attend a Yoga Retreat?

What benefits will I gain from a Yoga Retreat?

How is it different from a workshop or class?

A yoga retreat is a very special secluded corner of the world (like Zion's National Park or Greece) where time slows down and new insights are gained. If you have never participated in a yoga retreat (or even if you have) or you find your practice is missing more spark, the adventure is not far away. This special type of getaway brings together positive like minded people and creates a canvas for awakening miracles. A yoga retreat has a profound effect on your whole being.

When you leave your daily routine and go to a retreat, you set the stage for :

- Stress and pain relief
- Deep Rest
- Increased knowledge and understanding
- Greater appreciation for all things
- Diet improvement with delicious healthy food

Retreats provide a break from your normal routines and time to focus on releasing, discovering and applying new found tools. Retreats that are well constructed allow for personal attention given to your own areas of need. This personal attention leaves you with a tool box filled with options. There is nothing more inspiring then walking away from an experience with power in your pocket. The power gained assists you to return to your daily living with tools to get out of pain, regain strength, find deep rest and blow the doors off of your possibilities.

My first experience at a retreat, left me with more than I ever thought. I founded friendships that still exist today. I discovered that my ability to let go of built up stresses, as well as fixated ideas and beliefs grew. I felt so free and close to my potential that I almost didn't want to leave. I had a desire to continue my efforts down this path of knowledge and understanding when I arrived back home. I truly appreciated my body and its wonders, my spirit and its capacities, and that was reflected out to everything I could see. Discover the bliss of a yoga retreat and let it lift you to a new level that you never thought possible.