



one



day



retreat

YOGA IMMERSION: DEVELOPING A HOME PRACTICE

Approximate Schedule

Sunday 21 July

- 9:00 **Arrive at your venue:** KatieYoga, ready to deepen your practice of yoga.
- 9:10 **Asana, Pranayama & Meditation:** Awaken your body, soothe your nervous system & clear your mind. This practice is designed to provide you with an embodied experience of practical insights, setting the scene for commencing your own home practice.
- 10:40 **Morning Tea:** Enjoy a cup of tea and a snack to replenish the body and focus the mind.
- 10:55 **Home Practice Part 1:** Broaden your understanding of Asana (yoga poses) and how to create your own balanced mind-body practice at home.
- 12:05 **Home Practice Part 2:** Deepen your wisdom of Pranayama (breathing), Dhyana (meditation), the philosophical framework of Yoga and how to live a yogic lifestyle, to support your practice both on and off the yoga mat.
- 1:05 **Lunch:** Nourish yourself at a local cafe (not included in cost).
- 2:10 **Asana, Pranayama & Meditation:** Integrate your new wisdom into practice.
- 3:15 **Embark on your journey back home:** Relaxed, calm & peaceful, with a collection of practices you can do on your own at home, and fantastic memories of a beautiful day with like-minded people.

Bookings Required

Contact Katie on 0408 938 495 or info@katieyoga.com.au

Cost \$170. (\$130 for monthly/annual members). Not included in cost: Lunch at local cafe.



katieyoga