



RUBY RETREATS

empower. awaken. transform.

Day of Meditation and Introspection

Saturday, Nov. 23, 2019

9:30 am – 4:00 pm

Itinerary

9:30 AM – Circle Introductions / Tea

10:00 AM – Gentle Yoga and Guided Meditation

11:45 AM – Lunch

12:45 PM – Mindful Hike to peak of land

1:15 PM – Quiet time for introspection and journaling

2:00 PM – Circle time to meditate – Inner Listening Practice

2:30 PM – Silent walk back to Yoga Barn

3:00 PM – Yoga Nidra (Guided Relaxation)

4:00 PM – End