



**Spirit & Nature
Yoga Camp
Schedule June 18th – 21st**

Thursday, June 18th

4-5pm: Arrival / Check In & Orientation

~ Juice Up: Fresh Squeezed Juice Tonic served along with Juice wisdom.

5 – 5:30pm: Hit the Trail!

~ A power walking session that combines interval training and breathing exercises to improve cardio and circulatory health and wellness.

5:30 – 6:30pm: Yoga ☺

~ Back & Shoulder stretching class to release tension, improve mobility and improve posture. A healthy spine supports a happy life.

6:30 – 7pm: Freshen Up Time!

7 – 8pm: Dinner under the stars

Friday, June 19th

6 - 6:45am: Hit the Trail!

~ A hike-run that combines Abdominal and Digestive strengthening Exercises

6:45 – 7am: Juice Up:

~ Smoothies of organic fresh squeezed fruits and vegetables along with the wisdom of what's in it.

7 – 7:30am: Meditation

~ Each meditation includes, breathing techniques, mantra, moments of silence and some guided visualizations.

8 - 9am Yoga☺

~ Tone the legs with balancing postures and sequences and muscle flexing techniques.

9- 10am Breakfast in Nature

10– 11am Freshen Up time!

9- 11am Treatments

~ Private therapies are available by appointment and include warm oil massages with our Dancing Shiva signature line of oils applied according to your body's specialized needs. Breakfast should be left out so to partake in any massage therapy.

11 – 12:45pm Wisdom Lecture

~ A lecture and discussion on creating a balanced diet according to your body type, the 6 tastes and the four seasons according to Ayurvedic wisdom.

1- 2:15pm Lunch In Nature

2:30 – 3:00 Yoga Restoration ☺

~ A savasana (corpse pose) session for relaxation, restoration and digestive balancing.

3 – 3:15 Juice Up!

~ A medley of greens filled with vitamins, minerals and fiber.

3:15 – 5pm Yoga continued ☺

~ Exploration and practicum of backbend postures practiced standing and on the floor.

5 – 5:15pm Yoga Restoration

~ Sound bath therapy through gong and bowls vibrations.

5:30 – 6pm Meditation

~ An experience of embracing silence and stillness.

6 – 7pm Freshen Up time!

7 – 8pm: Dinner under the stars

8:30 Spiritual Movie Night!

~ We will be screening a special movie with a message.

Saturday, June 20th

6 - 6:45am: Hit the Trail!

~ A hike-run that combines Abdominal and Digestive strengthening exercises.

6:45 – 7am: Juice Up:

~ Organic fresh squeezed fruit & vegetable juice along with the wisdom of what's in it.

7 – 7:30am: Meditation

~ Each meditation includes, breathing techniques, mantra, moments of silence and some guided visualizations.

8 - 9am Yoga☺ with a Twist

~ Twisting the spine is one of the most important practices in yoga asana and one of the most therapeutically beneficial for the internal organs and nervous system.

9- 10am **Breakfast** in Nature

10– 11am **Freshen Up** time!

9- 11am **Treatments**

~ Private therapies are available by appointment and include warm oil massages with our Dancing Shiva signature line of oils applied according to your body's specialized needs. Breakfast should be omitted to partake in any massage therapy.

11 – 12:45pm **Wisdom Lecture & Practicum**

~ A presentation given by Vedic Astrologer Dennis Harness: Astrological Forecast for 2015 including a period of Q & A and how each of us might consider our own individual chart and karma accordingly with the greater cycles that are influencing our societies and the planet.

1- 2:15pm **Lunch** In Nature

2:30 – 3:00 **Yoga Restoration** ☺

~ A savasana (corpse pose) session for relaxation, restoration and digestive balancing.

3 – 3:15 **Chai Break**

3:15 – 5pm **Yoga** continued ☺

~ Inversions are signature motifs of the Tantra yoga tradition. Let us explore the fascination of moving the energy up the spine and the sublime experience of these higher places.

5 – 5:15pm **Breath Healing Excursion**

~ The “Cleaning Out” Technique is an ancient type of breathing exercise designed to clear out toxins and bring harmony and balance to the internal organs of the body.

5:30 – 6pm **Meditation**

~ An experience of embracing silence and stillness.

6 – 7pm **Freshen Up** time!

7 – 8pm: **Dinner** under the stars

8:30 - 10pm Kirtan Night with Mas & friends

Sunday, June 21st

6 - 6:45am: **Hit the Trail!**

~ A hike-run that combines Abdominal and Digestive strengthening exercises.

6:45 – 7am: Juice Up:

~ Organic fresh squeezed fruit & vegetable juice along with the wisdom of what's in it.

7 – 7:30am: Meditation

~ Each meditation includes, breathing techniques, mantra, moments of silence and some guided visualizations.

8 - 9am Yoga☺ with a Blast!

~ A barrage of balancing poses with whole body benefits.

9- 10am Breakfast in Nature

10– 11am Freshen Up time!

9- 11am Treatments

~ Private therapies are available by appointment and include warm oil massages with our Dancing Shiva signature line of oils applied according to your body's specialized needs. Breakfast should be omitted to partake in any massage therapy.

11 – 12:45pm Wisdom Lecture

~ Ayurvedic beauty care is a broad topic that combines both inner and outer modalities for diagnosing and healing skin conditions. This class combines both informative lecture content and applications of nature's medicine.

1- 2:15pm Lunch In Nature

2:30 – 3:00 Yoga Restoration ☺

~ A savasana (corpse pose) session for relaxation, restoration and digestive soothing.

3 – 3:15 Juice Up!

~ A medley of greens filled with vitamins, minerals and fiber along with the wisdom of what's in it.

3:15 – 5pm Yoga ☺

~ Our Sunday yoga practice will include a variety of postures, stances from the martial art and dance traditions and will include our closing circle.

Return to your homes

Namaste!