



# You Are So Well Loved

## Weekend Retreat

### Saturday Retreat:

9 am – 1 pm

(a medicine meal vegetarian luncheon and drinks will be provided)

### Welcoming Circle with Introductions and Intention Setting

#### Workshop 1 with Sarah Rusnak

~ A yoga class, although challenging at times, can also be a place of sweet simplicity where you finally slow down to meet your body. ~

In this yoga workshop, you will use pose and breathing to practice cherishing the amazing body you live in. Remember, one form of yoga takes place on a yoga mat and the practitioner puts her body into shapes while she keeps her breath and focus steady. This is called a formal practice. Yoga also takes place off the mat, out into daily life. This more informal form of yoga refers to a way of being and it reflects how the practitioner responds and reacts to her work environment, the political environment, her relationships and community as well as all the ways she manages to care for herself.

In this workshop you will experience both the formal and informal forms of yoga as a way of strengthening your ability to surf the complexities of everyday life all the while staying connected in integrity to breath, body and spirit.

### Break

#### Workshop 2 with Julia Hayes

In this workshop, we are going to cultivate LOVE. We are going to examine seeds of confidence for the purpose of exploring concepts like security and safety. We will take a look at the deep roots of encouragement as a way of stirring our own sense of esteem. And then we will sit quietly in the stillness of allowance to practice radical acceptance. We will do all of this by using gifts of nature; actual seeds and roots to tickle the creative spirit and see with new perspective. We'll bring forward elements like fire, air, water, and stone as reminders that the source of Love is in everything and we are connected to it all. We will surround ourselves with beauty as a tool of realization. Nature's beauty reflects our own.

### Closing Celebration



## **Sunday Retreat**

**10 am – 12 pm**

(light snacks and beverages provided)

Please dress for the weather. We'll be both inside and outside

### **Welcoming with Intention Setting**

#### **Advanced yoga practice with Sarah Rusnak is the Art of Self Oil Massage:**

Learn all about Ayurvedic practice of abhyanga (self oil massage). Discover how this habit can assist you in cultivating self love and healthy boundaries. Also, you'll get to apply an abbreviated version of this ancient practice in real time. Learn why this is such an incredible tool for navigating present day stresses. Take this knowledge and a small bottle of oil home with you!

#### **Labyrinth Lore and Walking Meditation with Julia Hayes**

Wind your way through a stone line pathway on the prairie of No Worries Farm and learn to step with Love and Peace. The Labyrinth is a place of expansive tranquility and you will learn to walk it with a whole new perspective.

### **Closing Celebration**

