

COLORADO YOGA + AYURVEDA RETREAT

— OCT 7-8 2017 —

Sat Oct 7

8a - 9:15a

Yoga Asana - Level 1

9:15a - 9:45a

Breathing Flow (Pranayama Basics)

10am - 12

Yoga Posture Alignment + Yoga Philosophy

12 onward - open

(optional group trip to mountains)

Sun Oct 8

8a - 9:15a

Yoga Asana - Level 2

9:15a - 9:45a

Breathing Flow

10am - 12

Ayurveda Self-Care + Diet Intro

12 onward - open

(optional group trip to mountains)



*** 8 hours tuition \$120 - early bird \$89 by Sept 1 ***

Register & Pay: bit.ly/santosha-colorado-retreat