

Wild Sukha

YOGA - ALL OF IT

2022 SCHEDULE

MORE INFO & TO REGISTER - WWW.WILDSUKHA.COM OR 785-307-1901



TWO LOCATIONS / DIVERSE OFFERINGS

Acorns Resort, Milford, KS

(Lodge 101, Beach, Meadow or Event Center-based on weather & avail)

Acorns Wild, Chapman, KS

(Historic Limestone Studio, Hayloft or Outdoors by Elk-based on weather)

GROUP YOGA CLASSES

(See back for class descriptions & pricing)

Wild Morning Fusion 10-1130am: 3/5, 3/19, 4/2, 4/30

Noble Refresh 1-5pm: 3/20, 5/8, 7/31, 9/25, 12/4

Wild Morning Fusion 10-1130am: 6/11, 7/9, 8/27, 9/10,
9/24, 10/22, 11/5, 11/19, 12/3, 12/17

Elk Yoga 9:30-10:30am: 5/28, 6/25, 7/23

Free Fun 1030am-1230pm 5/28, 6/25, 7/23 & 7/9 (1-5pm)

RETREATS

(See back for class retreat descriptions & pricing)

The Field Retreat / Prepare & Plant: April 14-16

Harvest / Bountiful Being Aug 13-14

Embrace / Family Connection: Jan 6-8, 2023

Sisterhood Circle / Heal & Create: Oct 8-9

TRAINING & GUIDED SELF-STUDY

Training & Consults are at both Acorns Resort & Acorns Wild. See separate 300hr YTT for details.

300 Hr YTT - Embodiment (Kundalini): In person 2/26, 2/27, 3/19, 4/2, 4/14-16, 5/14, 5/15, 6/12, 6/26, 7/16, 7/17, 8/6, 8/7, 9/10, 9/11

Guided Self-Study consults by appt: Ayurveda (2.5 hrs), Chakra (4+ hrs), Enneagram (2.5 hrs), Purpose (2.5 hrs)

VIDEO LIBRARY

Approx. 4 videos are added monthly until there are around 50 videos, including mobility challenges, resilience, stress reduction, endocrine and nervous systems resets, breathing techniques for wellness, Ayurveda, personality characteristics, chakras, cultural immersion, menstrual cycles, dharma and guided meditation.

MORE ABOUT THE OFFERINGS

WILD MORNING GROUP CLASS

All levels fusion class (ages over 11 yrs) for 45 min & Kundalini Kriya for 45 min. Each class is focused on a specific intention & offers yogic philosophy & integration of all layers (mind, body, emotion, intellect & bliss) through poses, breathing techniques, Ayurveda, Energy, Qigong & more.

ELK YOGA

All levels yoga in the field with a herd of over 50 curious elk in the backdrop (other side of the fence). Each registered participant can bring one other for free (child over 4 yrs old, significant other, friend, etc.). Focus is on connection, simplicity & fun.

FIELD RETREAT

Prepare the field within for planting seeds you wish to sow. This 2.5 day retreat uncovers layers for cultivating, yokes the "wild" oxen & fertilizes your boundless field for sustainment of inner harmony through yoga practices, workshops, meditations, etc. Limited to 24 people (children >11 yrs old welcome).

SISTERHOOD RETREAT

Invoke, Honor, Birth & Uplift. A profound experience of lineage, awareness, creativity, nature & truth surrounded by women sharing their heart wisdom in an embrace of love & freedom. Take this gift that has always belonged with you home & beautifully shift your world. Limited to 16 women (over age 13).

AYURVEDA CONSULT

Learn your primary constitution & where imbalances are to support vitality in easy ways that enrich your well-being.

CHAKRA CONSULT

An intensive approach to unpacking stored stress & pain and tools to keep you in the flow of authentic alignment.

NOBLE REFRESH GROUP CLASS

4 hours of unplugging from stress & recharging internal balance & awareness through mindfulness, relaxation & rejuvenation techniques such as Qigong, breathing practices, meditation & noble silence. Some time will be spent outside, dress accordingly. All levels & ages over 7 yrs.

FREE COMMUNITY FUN

Community mural painting, herb garden and zen pond. All supplies are provided. Just bring a snack, drink & gloves. Leave with so much more! All community projects in 2022 will be available to the public on days there are classes at the farm.

HARVEST RETREAT

A bounty of your expression, gratitude & abundance awaits to present itself & BE enJOYed!!
2 days of inner smiles, bliss balls, drum circles, medicinal tequila (non-alc seltzer avail), mala making, sunrise kayaking & beach yoga to amplify radiance. Limited to 20 ppl (children >16 yrs old).

EMBRACE RETREAT

A weekend of relationship & self-awareness essentials from a fun yogic & adventure approach - while also immersing in truth, perspective & compassion through foundational chakra workshops for lasting positive shifts in all relationships. 2 members of a family/relationship (& child over 12 free).

ENNEAGRAM CONSULT

Understand your thoughts, actions & behaviors better than ever & finally know how to "level up" & still be you.

*only after Chakra Consult PURPOSE CONSULT

Discovering why you are here is what life is. Guided self-study reveals the path that will always be true for you.

Charmion Harris 500 E-RYT

For most of my life, I strove to go beyond limits in revenge of my fear. My heart & mind were battered through this journey "to the death" until I sought healing. Yoga was suggested to me many times; but as an adventure/mountain bike/trail racer, getting on a mat for an hour was HARD. Fortunately, lessons arose that were harder & that's when I found the whole of me for the first time - waiting, as it always had been, within.

Army Veteran, mother, wife, business professional, adventurer, volunteer, hiker & kayaker, I've lived & traveled a lot of places (nationally & internationally). With over 12 years of teaching yoga, formal training in Hatha, Vinyasa, Kundalini, Qigong, Ayurveda, Chakra psychology, Enneagram, Lunar Wisdom & Coaching and experience gained through self-study & profound sharing of countless others, I now devote my life to embodiment of gratitude & presence to serve harmony, unite with love & compassion, expand connection & grow prosperity & wellness for all.

PRICES

Single Group Class	\$20
10 Pack Group Class	\$150
Monthly Group Classes+VOD)	\$45
10 Pack Class+VOD 6 mos	\$210
Monthly Video Library	\$20
Annual Video Library	\$180
Field Retreat	\$300+
Harvest Retreat	\$290+
Sisterhood Retreat	\$345
Embrace Retreat (2 ppl)	\$470+
300 Hr YTT	\$3000
Chakra Consult	\$250
Ayurveda, Enneagram, Purpose	\$125
Karma Discounts for all	Apply

Pre-Register 24 hrs prior to classes, 3 weeks for retreats. Registration closes when max group size reached.