

**Jan 3rd-5th
2020**

**Acorns Resort
Milford, KS**

Energy & Intentions Yoga Retreat

*Individuals, Couples,
Friends, Families -
Anyone seeking less
stress & more energy,
intention & wellness
in 2020 & life*

*register by 12/1/19
extremekansas@yahoo.com
or call 785-307-1901
for questions or to register*

January 3rd, Friday

3pm-430pm - Begin checking in (if Lodging option chosen)
5pm-6pm - Mindful Sun Salutations (all levels)
630pm -8pm - Dinner & "Energy Pathways" (Physiology)

January 4th, Saturday

9am-10am - Qigong & Yoga Combined Class (all levels)
1030am - Brunch & Mindfulness Workshop
12pm-2pm - Approaching Stress (Energy Blocks) with ancient Yoga Philosophy
2pm-3pm - Pranayama (Breathing) and Focus
3pm-4pm - Mudras & Bandhas (Energy Control)
430pm-530pm - Restorative Acupuncture (Licensed Acupuncturist)
6pm-7pm - Dinner & Release Workshop
7pm - 8pm - Sage Campfire on the Beach

January 5th, Sunday

9am-10am - Kundalini & Yoga Combined Class (all levels)
11am-12pm - Brunch
1230pm-130pm - Meditation
130pm-3pm - Intentions Workshop
3pm-430pm - Guided 3 mile Nature Hike

Retreat without Lodging - \$225

+ 2 nights Yurt (Single) - \$300; + 2 nights Lodgeroom (Double) - \$315; + 2 nights Cabin (Multiple) - \$325

View Lodging @ www.acornsresortkansas.com

*All meals included (Vegan, GF & Organic -meat options available if requested)

Cash bar is available during Dinners

Children over the age of 12 are welcome to register with parent or guardian

Times subject to change, but all workshops, classes & activities will be presented during the weekend

Led by Charmion Harris, 200 E-RYT & YACEP (Yoga Alliance)

See more about Charmion @ www.eastwestyogajc.com

