

Fall is just around the corner! Welcome the change of seasons with wellness at our upcoming 3-day yoga retreat offered by *Joonbug Yoga* at Alderbrook Resort and Spa from November 3rd through 5th. View the full retreat schedule below! Pre-registration is due by October 20th at www.JoonbugYoga.com/rates

Rejuvenate Yoga Retreat Schedule

Friday, November 3rd

6:00 p.m. - 9:00 p.m.: All levels gentle yoga practice followed by Yoga Nidra (yogic sleep) meditation for deep rest and rejuvenation with Michelle

Saturday, November 4th

8:00 a.m. - 9:30 a.m.: Meditation and all levels asana practice with Jessica

9:30 a.m. - 9:45 a.m.: Break

9:45 a.m. - Noon: Aqua yoga and water meditation practice to soothe with Michelle

Noon - 1:00 p.m.: Lunch Break

1:00 p.m. - 3:00 p.m.: Energetics, mantra and meditation with Rebekah

3:00 p.m. - 3:15 p.m.: Break

3:15 p.m. - 5:00 p.m.: Gentle/restorative yoga practice followed by Yoga Nidra Meditation with Camelia

Sunday, November 5th

8:00 a.m. - 9:30 a.m.: Meditation and Tai Chi basics practice with Matt

9:30 a.m. - 9:45 a.m.: Break

9:45 a.m. - Noon: Flow yoga detox practice designed to balance and cleanse with Michelle followed by a nurturing essential oils and locally harvested herbal tea session with Elizabeth for overall relaxation

Noon - 1:00 p.m.: Lunch Break

1:00 p.m. - 3:00 p.m.: "Create and Rejuvenate!" group session designed to dive deeper into your creative self through the practices of meditation, gentle yoga, journaling and art with Linda and Preethie

3:00 p.m. - 3:15 p.m.: Break

3:15 p.m. - 5:00 p.m.: Guided meditation and gentle yoga practice with Michelle

