



**Ancient Wisdom, Modern Living**  
**REPLENISH WINTER RETREAT**

**WHAT:**

A retreat designed to provide a deeper understanding of how ancient yoga principals can be used to help us live better lives in modern times. We'll explore all eight historical aspects of Raja, or Ashtanga yoga. This includes "mat time" with guided asana/poses designed for all skill levels, as well as insights on philosophy, meditation, breath work, relaxation and other techniques.

The classes and time will be spent in this beautiful setting to quiet our minds, slow down our days and check in with our inner self, using grounding practices, explorative activities and creative energy to realign and replenish ourselves with balance, calm and new insights into our

- **Daily yoga and meditation**
- **Yoga technique workshops: pranayama and philosophy**
- **Chakra work**
- **Wine & Paint class**
- **Historical are storytelling and bonfire**
- **Mill tour and picnic**
- **Farm fresh to table cuisine**
- **Sacred Space Workshop**
- **On-site massage, Reiki and private yoga session (Addition charge/optional)**
- **Free time for napping, walking, journaling, reading, receiving a massage (additional charge) and good conversation**

**WHEN: October 24-28, 2018**

A beautiful time of year to visit Jewell Georgia—still warm in the day with cool evenings. You will enjoy the beautiful surroundings with outdoor classes, mediation huts and beautiful walks/hikes outside the quaint town of Jewell, Georgia.



**WHERE:** The Jewell House

The historic 40+ acre Jewell House property includes ½ mile (800 meters) of Ogeechee River frontage and a pond. The serene Forest Pavilion overlooks the river and is an ideal space for a workshops, breakout sessions, meals, or more physical activities. The Nave, our outdoor stage and back drop, lies at the base of our largest meadow, overlooking the Jewell House pond. Between The Nave and the forest lies the 2,500 square foot Riverwalk Barn, crafted to Suzanne's detailed imagination, with lumber harvested and milled on site by a local, third generation forester. [www.thejewellhouse.com](http://www.thejewellhouse.com)



## Retreat Agenda

### **Wednesday – Three-day guests check in any time after 3pm**

5:00 pm      *Salad and Sandwich Bar*  
7:30 pm      *Welcome & Introductions with light wine and cookies*  
9:00 pm      *Asana: Restorative Yoga*

### **Thursday –**

7:00 am      *Coffee & Pastries on front porch*  
8:00 am      *Asana practice: Hatha – Grounding & Mindfulness*  
9:00 am      *Pranayama: 3-Part Breath*  
9:15 am      *Meditation–Walking Meditations*  
9:45 am      *Breakfast- Omelets to order (free range eggs, fresh local vegetables)*  
11:00 am     *Workshop: 8 Limbs of Yoga- Introduction to Yoga for Life*  
12:00 pm     *Lunch- vegetable soup and homemade bread*

reading or a private yoga session (additional fee)

**Thursday –**

- 4:30 pm *Workshop- What is Scared Space? How do we create it?*
- 6:30 pm *Dinner- Tapas style small plater dinner and sweet tea*
- 8:00 pm *Dessert- Amaretto cake, coffee and tea*
- 9:30 pm *Yoga Nidra (yogic sleep)*

**Friday –**

- 7:00 am *Coffee & Pastries on front porch*
- 8:00 am *Asana practice: Hatha – Honoring Your Truth*
- 9:00 am *Pranayama: Nadi Shodhana*
- 9:15 am *Meditation–Guided Meditations*
- 9:45 am *Breakfast-Smoothie Bar and bagels*
- 11:30 am *Mill Tour*
- 1:00pm *Lunch- Picnic style*
- 4:30 pm *Meditation: Mantra Sa Ta Na Ma*
- 6:30 pm *Dinner-Low country boil and beer*
- 8:00 pm *Bonfire, Local Storyteller, S'mores over and open fire*

**Saturday:**

- 7:00 am *Coffee & Pastries on front porch*
- 8:00 am *Asana practice: Vinyasa(8 limbs of yoga)*
- 9:00 am *Pranayama: 2 Times breath*
- 9:15 am *Meditation– Himalayan tradition*
- 9:45 am *Breakfast- Strata, yogurts and fresh fruit garnish*
- 11:00 am *Workshop – Practicing the Yamas and Niyamas*
- 12:00pm *Salad Bar and fresh baked bread*
- 12:30 pm *Free Time - Rest/Extra Activities: Book an appointment with a massage Therapist, Reiki session, oracle card reading, private yoga session (additional fee)*
- 3:30 pm *Paint & Sip-Light wine and sweet tea*
- 6:30 pm *Dinner- Tapas plates- Southern Style*
- 8:00 pm *Dessert- Peach Crips, coffee and tea*



9:6

***Sunday:***

- 7:30 am Coffee & Pastries on Front Porch*
- 8:30 am Asana practice: Yoga as Union*
- 9:30 am Meditation – Visualization- Loving Kindness*
- 10:00 am Brunch- Chefs choice*
- 11:30 am Wrap up- Formal Closure*
- 12:30 pm Depart the Jewell House*

**Agenda may be subject to change**