



SCHEDULE

The schedule for this Retreat has been designed to offer a balance between structure and flexibility. You are welcome to participate in all or some of the Retreat and to find the right balance for you. If you are able, I encourage you to participate in as much of the Retreat as your schedule allows. To make this possible, book off time now.

The daily schedule involves meal times based on recommendations from ayurveda, the science of longevity and health. It is recommended to do an asana class before breakfast. This is the ideal time to do twists and movements that can benefit the digestive tract and the detox organs. If you have difficulty not eating or drinking coffee first thing in the morning, I recommend starting your day with herbal tea and fruit, doing asana, and then having your morning coffee and breakfast.

Depending on how many people register and how much interest there is, I may offer an optional daily morning check-in from 10-10:30am. This is an opportunity to connect with me and others who are on the same schedule and talk about your experience of the retreat.

Please remember, all parts of the retreat are optional and you are welcome to attend any or all of the Retreat. Workshops will not be recorded.



An email will be sent to you on the morning of Wednesday December 27 with the Zoom link for the Opening Circle. Each day, starting December 28, you will receive an email with all links and videos for that day.

Wednesday Dec. 27

7-8:00pm Opening Circle

8:45-9:30pm Yoga for Restful Sleep [LIVE on Zoom]

Thursday Dec. 28

Morning Yoga Video

*Optional Activities

- Listen to yoga podcast.
- Journal- answer reflection questions.
- Attend afternoon workshop 2-4pm [LIVE on Zoom]

8:45-9:30pm Yoga for Restful Sleep [LIVE on Zoom]

Friday Dec. 29

Morning Yoga Video

*Optional Activities

- Listen to yoga podcast.
- Journal- answer reflection questions.

8:45-9:30pm Yoga Nidra [LIVE on Zoom]



Saturday Dec. 30

Morning Yoga Video

*Optional Activities

- Listen to yoga podcast.
- Journal- answer reflection questions.
- Attend afternoon workshop 2-4pm [LIVE on Zoom]

8:45-9:30pm Yoga for Restful Sleep [LIVE on Zoom]

Sunday Dec. 31

Morning Yoga Video

*Optional 2022 Reflection Circle 2-3pm

8:45- 9:30pm Yin Yoga [LIVE on Zoom]

Monday Jan. 1 2023

8-9:30am Morning Yoga [LiVE on Zoom]

11:30am- 12:30pm Cooking Class [Easy Soups]

7-8:00pm Closing Circle

Thank you.

Thank you for your participation in BIJA. Your donation is helping yoga ashrams locally and internationally provide a place for people to grow in spirit and live a life rooted in love and service for all.

Thank you for taking the time for yourself. Balanced, grounded, happy people are a blessing to all those around them. *Om Shanti.*

