



## Seven Days of Self-Love

### Cultivating the Sacred in our Body, Mind, and Heart

#### 7 Day On-Line Yoga Retreat

Thank you for joining **Seven Days of Self-Love**. Each day, you will receive an email which includes a 10-15 minute practice and some journaling questions. Below is the full schedule.

#### Opening Circle

Friday February 14 4-5:30pm PST

Introduction to the Four Immeasurables; a wisdom teaching on Love

Our opening circle will end with 15 minutes of restorative yoga.

#### DAY 1 Loving-Kindness

Saturday February 15

- Morning Yoga Video
- Workshop 10am-11:30am PST
- Journalling questions on practicing loving-kindness.

#### DAY 2 Compassion

Sunday February 16

- Morning Yoga Video
- Workshop 10am-noon PST
- Journling questions on cultivating compassion

#### DAY 3 Equanimity

Monday February 17

- 10- 15 minute practice
- Journalling questions on equanimity in the face of conflicts or challenges



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#### **DAY 4 Joy**

Tues. February 18

- 10- 15 minute practice
- Journalling questions on expressing joy

#### **DAY 5 Expressing Joy**

Wed. February 19

- 10- 15 minute practice
- Journalling questions on expressing joy

#### **DAY 6 Integration and Reflection**

Thursday February 20

- 10- 15 minute practice
- Journalling questions the Four Immeasurables

#### **DAY 7 Closing Circle**

Friday February 21 4-5:30pm PST

Gather in community and give expression to your heart.

Our closing circle will end with 15 minutes of restorative yoga.