

## 3rd Street Yoga Olmsted 2011 August Retreat

- Ongoing :
1. Massage with Sarah- schedule at Lobby Desk
  2. Massage with Janice --schedule at Lobby Desk
  3. Psych- K and Energy Therapy with Judy -schedule at Lobby desk

- Ongoing : 4. Clay workshop -Alberto- if available, check schedule  
Ongoing : 5. Inspirational Movies (Lodge TV ROOM) day and night- bring some to add  
Ongoing : 6. Create the 3d mandala on site at Hickman entrance /drawing mandalas  
Ongoing: 7. Yoga Resource Discussion Room: First Level Lodge Conference Room

### Thursday

Arrival after 3pm

- 3:00 - 6:00pm Pick up room assignments -Lodge Lobby  
Drop off Pot luck contribution- Manor kitchen  
Walk the grounds  
Begin the dosha test (completed by tomorrow's dosha workshop)- Lodge Lobby
- 6:00-7:30pm Welcome! Potluck Dinner ( Manor Dining Room)
- 7:30-8:30pm Guided Relaxation ; Savasana- discussion and practice ( Hickman Hall)  
IHY Chapter 11 and Fahi p.234-236
- 8:30-9:30 Discussing Farhi and the sutras ( Hickman Hall)  
Quiet Time

### Friday morning

- 6:45-8am Sunrise Kundalini - Mary Beth- (Hickman Hall)  
or  
Open Practice ( Lodge Yoga Room)
- 8am-9:15 Breakfast
- 9:15-Noon Structuring a class; setting purpose and intention; sequencing and cueing  
Practice teaching - bring 20 min, homework sequences for critique  
Stephens and IHY chapter 5, 10 12,) (Hickman Hall)
- 12-1pm Lunch
- 1:15-2pm Labyrinth Walking Meditation rain or shine-Joanne (meet in Lodge Lobby)
- 2-4:45pm The Sister Science: Ayurveda ( bring completed dosha test)

### Friday afternoon/evening

- 5-6:30pm Open with a prayer & Dinner ( Lobby of Dining Hall)
- 7-8:15pm Meditative Asana -Tina - (Hickman Hall)
- 8:15-9:30pm Change Your Beliefs and Change Your Life- Judy ( Hickman Hall)  
An introduction to Psych-K
- 9:30 -9:40 Evening chant before bed with Mary Beth (optional) ( Hickman Hall)

### Saturday Morning:

- 6:45 am-8am Sunrise Yoga/Monkey Chant-Karleen (outside weather permitting or Hickman)
- 8am-9:15am Breakfast
- 9:15-9:30am Silent Meditation in Nature next to the deck by the spring (weather permitting)

Pick one:

10:00-11:45am Shoulder Exploration workshop-Don (Lodge Yoga Room) bring straps

10:00-11:45 am Sharing her yoga exam sequence -Teya ( Hickman Hall)

12-1pm Lunch

Saturday afternoon/evening:

Pick one:

2-3:30 pm Asana and and Walking in Nature Meditative asana and hike - Sally  
( wear comfortable hiking clothes and bring insect repellent and mat  
meet in Lodge Lobby- rain or shine )

2-3:30 pm Meditation in Motion Class-Rachael (Hickman Hall)

Pick one :

3:45- 5:00pm Anatomy of Asana- Janice and Julia ( Hickman Hall)

3:45-5:00pm History of Yoga/ancient postures- Kristin (Lodge Yoga Room)

5-6:30pm Open with a prayer/Dinner ( Lodge Lobby)

Pick one:

6:30-8pm Restorative Yoga Postures- Lisa -bring blankets  
or and props (Lodge Yoga Room)

6:30-8pm Moon Salutes and Moon Meditation- Sarah (Hickman Hall)

8pm-9pm Yoga Nidra - Mary (Hickman)-bring blankets and props

9-9:30 Trataka at the Fire Pit or in Hickman -bring candles just in case SMART (weather permitting)

9:30--10:15pm Discussing Farhi/Sutras, Nidra, Guided Relaxation, Shavasana - step by step - must do  
this !Trataka  
Quiet time!

Sunday morning

6:45- 8am Gentle Stretch - Maria ( Hickman Hall)

8-9am

Breakfast

CLEAN UP ( STRIP BEDS, COLLECT ALL FOOD FROM FRIG,ETC.Pack up time!

10-11:15am

EXPLORING THE BANDHAS- Donna Let's take a journey before we leave,  
exploring the mysterious energetic mechanisms through which yogis can direct the flow  
of prana, universal life force energy, that unites us all. Together, we will explore and  
experiment with how to integrate the bandhas into our daily asana practice as well as  
discuss how to share these techniques with our students.

11:15 - Noon Chant,meditation,reflection.Lokah Samastha Sukino Bhavantu!

Safe journey home!

## CLASS DESCRIPTIONS:

Balinese Monkey Chanting—or Kecak (pronounced Ke-chak) (Karleen) is a musical drama that originated in the 1930s in Bali. As the participants chant and sway, the human mandala comes alive. The drama depicts a battle from the Ramayana story of the abduction of Sita and her subsequent rescue by an army of monkeys. To experience traditional Balinese Monkey Chanting, see: <http://www.youtube.com/watch?v=RkxuPxdsZ58>

Morning Yoga (Karleen): An energizing flow class to awaken the entire body. The emphasis on this asana and pranayama practice will be to begin the day with spirit--moving the spine, strengthening the core, opening the shoulders and hips, and finding the warrior within.

A Brief History of Yoga (Kristin): Explore the early traditions of yoga practices and the evolution of ideas through time. Discuss the beginnings of yoga philosophy while practicing ancient postures.

Anatomy of the Shoulders (Don): This class will include basic anatomy, warm-ups and stretches, strengthening, and how the shoulders are affected by different typical postures (and maybe some not-so-typical postures).

Anatomy through Asana (Janice): This workshop will review basic anatomy principles. Students will observe the drawing of involved muscles on a willing participant, followed by palpating the involved muscles on a partner. Students will then apply the muscle awareness to various yoga postures.

Moon Salutes (Sarah): This class will focus on becoming familiar with the poses and sequencing of the moon salutation. We will also practice pranayama, meditation, and visualization techniques that relate to the moon and the particular phase we will be in. Take this time to learn about and connect to the energy of the moon.

Kundalini Rise and Shine ( Mary Beth Kelly): We will use the power of slowing your breath to enhance the depth of repeated mantra. According to Yogi Bhajan, once the breath rate is lower than four breaths per minute, the central brain starts functioning more intensely. The pineal and pituitary glands shift their relationship to each other. In this condition the effects of outer and inner sound is great and the mantra becomes more penetrating. A larger portion of yourself will be able to synchronize and carry out your intentions in preparation for the day ahead!

Retreating, Renewing....Restorative Yoga (Lisa) :A time to uncover the layers by honoring yourself! This class begins with setting an intention, journaling throughout the session, and incorporating mudras/chakras. Each pose will be explored for 15-20 minutes in silence. As you transition from each pose, you will have time to journal/reflect, then you will be provided a new pose on paper, for a visual, which will allow you to begin setup for the next pose on your own. Please bring along a journal/paper, and props, such as bolsters, pillows, blankets, an eye pillow or small towel. The instructor is able to offer assistance and make adjustments as well, if needed.

Change Your Beliefs, Change Your Life (Judy): Presentation and discussion on how our beliefs establish the limits of what we can achieve. To heal ourselves we need to reconnect our right and left brains. I will introduce an exciting technique called Psyche-K that is touted by Dr. Bruce Lipton as being an important tool for integrating the left and right hemispheres of the brain. Psych-K is an easy way to rewrite the software of your mind in order to change the printout of your life. Judy Burke is an Independent Alternative Energy Healer in the Pittsburgh area. She offers Spiritual Response Therapy, Psych-K, Emotion Code, Matrix Energetics, Theta Healing, The One Command and Aromatherapy.

Yoga Nidra (Mary Walters): is a transformative and integrative healing approach that can be used in personal practice, yoga classes, and clinical and medical settings. It is a profound, meditative practice that leads to lasting psychological, physical, and spiritual well-being and supports you in being at ease in every life circumstance. The benefits of Yoga Nidra include treatment of anxiety, sleep disorders, and chemical dependency. Integrative Restoration (iRest) Yoga Nidra is a form of Yoga Nidra that is being us to treat post-traumatic stress disorder and chronic pain in soldiers and veterans nationwide.