

# *Silk Wind Yoga*

## *September Mini Retreat*

### **In Studio Mini-Retreat on Sunday, September 15th**

The theme of this retreat is **“To Be Like Water”** . The cost of this **full day retreat is \$75 and lunch will be provided. 9:30am to 4:00pm. Register Now!!!!**



#### **Proposed Itinerary**

9:30am Opening Meditation

10:00am The Transformational Quality of Water

10:30am Go with the Flow Practice - Caterpillar to Butterfly

11:30am Tea Break

12:00pm Saraswati Chant and Mudra Flow (the Goddess of Rivers)

1:00pm Vegetarian Lunch (provided)

1:30pm Painted River Rock Craft

2:15pm Yin Water Element Practice

3:30pm Circle Ceremony and Closing Meditation

**REGISTER NOW!!! in person or online at [Silkwindstudio.com](http://Silkwindstudio.com) Space is limited!**