LIVING INTO BALANCE

YOGA + AYURVEDA

Restore & Renew

A Virtual Day Retreat

SUNDAY, DECEMBER 20TH

7:30 AM – 5:00 PM

Yoga, breathwork, marma self-care (Āyurvedic acupressure), yoga nidrā, agnihotra (sunrise and sunset ritual fire), chanting and meditation.

Reserve your spot



Call a time out and join me for a retreat day from the comfort of home. A seasonal retreat designed to support your restoration and rejuvenation on all levels! Can't come for a full day? Join a half day option.

Morning Retreat

7 AM – 1 PM

7:30 – 8:00 AM
Agnihotra sunrise fire & chanting

9:00 – 11:00 AM
Gentle active asana, breathwork & meditation

11:30 AM – 1:00 PM
Marma self-care & Yoga Nidrā

Afternoon Retreat

2:30 – 5 PM

2:30 – 4:30 PM
Gentle active & restorative asana

4:30 – 5:00 PM
Agnihotra sunset fire & chanting

TUITION

Morning	Afternoon	Full day
$81	$45	$108

Tuition adjustments are available. Reach out to Shannon with a request.

Reserve your spot

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