

MINDFULNESS & MOVEMENT WINTER RETREAT

Kula Muriwai | Your Time Yoga Retreat Itinerary

FRIDAY • 01-07-2022

Opening Ceremony	7:00 PM
Introductions, meditation & intention setting	
Candlelight Yin Yoga	7:30 PM
Gentle Yin with Yasmin	
Refreshments	8:30 PM
Raw sweet treats and a selection of hot & cold beverages	

SATURDAY • 02-07-2022

Yoga & Meditation	6:00 AM
Sunrise vinyasa with Yasmin as the sun rises over the ocean.	
Cacao Ceremony with Ecstatic Dance	7:00 AM
Packed full of vitamins and minerals cacao has been consumed for thousands of years to strengthen awareness and focus.	
Breakfast	8:00 AM
Buffet of nourishing and delicious food, tea, coffee and cold drinks.	
Muriwai Hike & Holotropic Breathwork	9:30 AM
A hike from the venue to the beach for an optional swim.	
Lunch	1:30 PM
Buffet of nourishing and delicious food, tea, coffee and cold drinks.	
Yoga & Meditation	5:00 PM
Gentle vinyasa flow with Shardasia to ease tension in the muscles after our hike, followed by trataka meditation.	
Long table dinner	7:30 PM
A celebration of your efforts and a chance to and get to know each other better over delicious food and drinks. Dress to impress as this is when we will get a group photo!	

AUTUMN ALIGN RETREAT

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SUNDAY • 03-07-2022

Breakfast

8:00 AM

Buffet of nourishing and delicious food, tea, coffee and cold drinks.

Restorative Yoga

10:00 AM

Take some time to recover from all the action over the weekend with Restorative Yoga with Yasmin.

Yoga Nidra

This guided meditation takes you to a state of consciousness between sleeping and waking, to bring you peace, clarity, and deep rest.

Singing Bowl Meditation

Meditation with the frequency sound and vibrations of seven Tibetan Singing Bowls.

Closing & Release Ceremony

12:00 PM

A time for reflection and to look back at our experiences over the weekend, let go of the things that no longer serve us and give thanks.

