

**2nd Annual YMCA Camp Sequoia Lake Yoga Retreat
2018 Schedule
September 14-September 16**

FRIDAY AFTERNOON

3:00 PM - Arrival and Check in (Tulequoia Dining Hall)

4:00 PM - Welcome and overview of schedule/safety- Bree Wood and Simon Helyer

5:00 PM - 6:00 PM (Tulequoia Porch)

[Mudra MoveMEANT Meditation - All Levels, Cassie Hein](#)

A guided gentle flowing meditation using mudras or subtle hand gestures to guide energy and expand consciousness. Each hand positioning will be explained on a (meta) physical, mental, and spiritual level with a focused intention for each breath.

FRIDAY EVENING

6:00 PM - Dinner (Tulequoia Dining Hall)

7:30 PM - 8:30 PM (Tulequoia Fire Pit)

[Cleansing Campfire - All Levels, Community Lead!](#)

As the energy of Summer slows into the changes of Fall, we offer our releases to the fire. Songs (campy fun songs moving into ceremonial and reflective gentle movement, contemplation, ceremony. Bring your intentions on paper slips to be released into the fire.

SATURDAY EARLY MORNING

6:00 AM - 7:00 AM (Waterfront/ Tulequoia Dining Hall, depends on weather)

[Sunrise Yin Yoga and Vibration Grounding- All Levels, Riss Mahaffey](#)

A slow transitioning class, holding each pose for a few minutes at a time to increase flexibility, targeting deep connective tissues. Followed by a short meditation and vibrational grounding work to start the day centered, open, and stable.

6:30 AM - 7:30 AM (Saplins Center)

[Gentle Yoga- All Levels, Jo Ellen Caponetto](#)

Appropriate for students seeking the benefits of a gentle practice. Easy going postures that focus on alignments, strengthening, and the balancing of body and mind.

7:15 AM - 8:15 AM (Waterfront)

[Chakra Meditation - All Levels, Riss Mahaffey](#)

We will begin with an educational chat about what the chakras are and what a healthy vs sick chakra looks like. Then we will proceed into a guided meditation where we will cleanse, open, and balance the chakras, spending time on each individual energy center to leave you feeling clean, clear, focused, and vibrant.

8:30 AM Breakfast (Tulequoia Dining Hall)

SATURDAY LATE MORNING

9:30 AM- 10:30 AM (TAC Field)

[Yin Yoga - All Levels, Jo Ellen Caponetto](#)

A slower more fluid movement postures elongating, stretching and strengthening the muscles, tendons, and ligaments to open up the joints and prepare the body for movement and flexibility.

9:30 AM - 10:30 AM (Tulequoia Dining Hall/ Porch)

[Arm Balance & Inversions- Levels 2-3, Shari Busek](#)

Learn the essentials to help you soar in arm balances and feel confident in inversions. Explore the foundations and key alignment principles of beginning arm balance poses and inversions in a safe and supportive environment. Together, we'll work on preparatory poses which help build your core strength, flexibility and balance needed for these fun and challenging poses. The steps that you will practice to reach each pose will be broken down and demonstrated. You are not expected to master these poses in one class!

9:45 AM - 11:15 AM (Sapling Center)

[Bikram Method Yoga - All Levels, Britney Easton](#)

Designed to heal, strengthen, and balance the body as well as the mind, this heated yoga style includes many postures in a static series promoting focus and determination.

10:30 AM - 11:45 AM (Tulequoia Porch)

[Vinyasa Flow - All Levels, Emily Lucietto](#)

In this practice, we will move steadily from pose to pose in coordination with the breath, gradually building deeper internal warmth as we explore a variety of Sun Salutations, Standing Poses, Core Integration practices, Backbends, Twists, Forward Bends, Hip Openers and Inversions. This class will offer a vigorous yet sustainable approach to yoga in which every part of the body is awakened, purified, toned and brought into greater balance.

12:00 PM Lunch (Tulequoia Dining Hall)

SATURDAY AFTERNOON

1:00 PM - 5:00 PM Waterfront open for boating and swimming

1:00 PM - 2:00 PM (TAC Field)

[Ohm Your Roar- All Levels, Cassie Hein](#)

Awaken your senses and connection to self, come into your voice as we use mantra to explore our potential. Tuning into our inner jungle cats, we will let our intuitions guide us through this funky fresh play shop. Come surrender to the freedom of imagination.

3:00 PM - 4:30 PM (Tulequoia Dining Hall)

[Deep Vinyasa Flow - All Levels, Emily Lucietto](#)

This class will be appropriate for beginning to advanced students who want to focus more on movement, technique, and alignment. A wide yet balanced selection of postures will allow students to explore new movements and provide the option to challenge their limits. The last segment of class will involve deep relaxation where students will release tension in the muscles and connective tissues, encouraging the free flow of energy in the body.

3:30 PM - 4:30 PM (Sapling Center)

[Yoga Fusion- Levels 2-3, Taryn Cole](#)

A blend of yoga and pilates offering the mental and spiritual lift of yoga with the physical benefits of a cardiovascular workout. An adaptable class that will improve cardiovascular health and increase strength and flexibility.

4:30 PM - 5:30 PM (TAC Field)

[Power Flow - All Levels, Riss Mahaffey](#)

A fun, fast paced yoga flow with a focus of strengthening muscles by combining yoga, pilates, and HIIT style exercises with upbeat music to keep you energized.

SATURDAY EVENING

6:00 PM Dinner (Tulequoia Dining Hall)

7:30 PM - 8:30 PM (Tulequoia Dining Hall/Porch)

[Acro Playshop - All Levels, Cassie Hein](#)

The Basic Essentials: Have you always wanted to fly? Are you yearning for a sense of connection and commUNITY? If so, come try Acro Yoga. AY is a partner activity combining yoga, healing arts and acrobatics. Let your inner child come out to play. We will explore spotting, safety, calibrations, progressions, shapes, counter balances and therapeutics in this action packed, laughter fueled playshop. Beginner Friendly- no partner required.

8:30 PM - 9:30 PM (Tulequoia Dining Hall)

[Yin and Restorative Yoga - All Levels, Taryn Cole](#)

A low impact, light and bountiful yoga focused on breathing, support, and gentle movements to help relax the mind and body and prepare for a restful night's sleep.

SUNDAY EARLY MORNING

6:30 AM - 7:30 AM (Sapling Center)

[Hatha Yoga- All Levels, Britney Easton](#)

A self-transformational yoga integrating breath work with deliberate muscle elongation, toning, and spatial awareness. Creating a greater sense of balance and direction both physically and energetically, Hatha yoga collaborates systematic relaxation, pranayama, and meditation to harness the mind's attention and the body's strength.

8:00 AM Breakfast (Tulequoia Dining Hall)

9:30 AM - 10:30 AM (Tulequoia Dining Hall)

[Vinyasa Flow- All Levels, Kyle Thurman](#)

A strong yet goeey Vinyasa with an emphasis on deep vibrational breathes and intuitive movement. Focusing on body mechanics and digging deep into the mental

aspects of your practice will leave you with a mental, physical and spiritual connection on and off your mat.

10:30 AM - 11:30 AM (TAC Field)

[Restorative Yoga - All Levels, Jo Ellen Caponetto](#)

Warm up and restore your body, bringing balance back to your whole being.

11:45 AM - 12:00 PM (Tulequoia Fire Pit)

[Closing Circle and Check Out Procedures- As a Community!](#)

12:00 PM Lunch (Tulequoia Dining Hall)

1:00 PM - Clean cabins and check out

2:00 PM - Say good-bye to the mountain