

# Mindfulness Retreat

HOLISTIC INSPIRED WORKSHOPS & CLASSES | NOVEMBER 15 - 17

## FRIDAY

6 pm | Welcome Reception

## SATURDAY

7 am | Sunrise Yoga

8:15 am | Breakfast Buffet

9 am | Chakra I Ching

10 am | Sage Bundle Workshop

11 am | Free Time

1 pm | Breath Work Utilization

2 pm | Tepee Sound Meditation

3 pm | Tarot and Crystals

4 pm | Free Time

5:30 - 7 pm | Farm to Table Dinner

7:30 pm | Full Moon Island Meditation

## SUNDAY

8 am | Pranayama Yoga

9 am | Tepee Sound Meditation

10 am | Yin Yin Yoga

\$899 per person + taxes | Ticket includes 10 classes, 2 night stay at the Huntington Lodge, a breakfast buffet, Farm to Table Dinner and a \$125 spa credit

Advanced registration required. To register, select your 2 night stay and use promo code "RETRT" at check out.



**PRONGHORN**  
BEND, OREGON