

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

Tickets are all inclusive | \$899 per person | Includes 11 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, please contact Pronghorn Reservations at 855.370.1615 | ph.reservations@pronghornresort.com



PRONGHORN
BEND, OREGON