HOME YOGA RETREAT

22 – 24 JANUARY 2021

DAY 1

WELCOME
VIDEO

ESSENTIALS
PDF

POWER FLOW
VIDEO

JOURNALING: CORE VALUES
PDF

DAY 2

LIVE YOGA SESSION
VIA ZOOM

MEDITATION
SO HUM

SWEET CENTER
VIDEO

BREATH
PDF

DAY 3

CENTERED AWARENESS
VIDEO

YOGA NIDRA
EXPAND TO YOUR CENTER

MANIPURA CHAKRA
PDF

NUMEROLOGY
VIDEO & PDF