

# HOME YOGA RETREAT

5 - 9 JANUARY 2022

**DAY 1**  
**REFLECT**  
JAN 5

**WELCOME**  
VIDEO

**ESSENTIALS**  
PDF

**A LAYER DEEPER:**  
**ANNAMAYA KOSHA**  
PDF

**OUT OF THE HEAD**  
**INTO THE BODY**  
AUDIO

**JOURNALING**  
**DAY 1**

**DAY 2**  
**ROOT**  
JAN 6

**ELEMENTAL RESET**  
PDF

**CONNECT WITH**  
**EARTH WITHIN**  
PDF

**BREATH PDF**  
PDF

**A LAYER DEEPER:**  
**PRANAMAYA KOSHA**  
PDF

**18.00 - 19.15**  
**WELCOMING ROUND,**  
**BREATH & YOGA LIVE**  
ZOOM.US

**JOURNALING**  
**DAY 2**

**DAY 3**  
**RESTORE**  
JAN 7

**JOURNALING**  
PDF

**A LAYER DEEPER:**  
**MANOMAYA KOSHA**  
PDF

**CONNECT WITH**  
**WATER WITHIN**  
PDF

**THE OCEAN WITHIN**  
AUDIO

**19.30 - 20.15**  
**YOGA NIDRA LIVE**  
ZOOM.US

**JOURNALING**  
**DAY 3**

**DAY 4**  
**REESTABLISH**  
JAN 8

**9.00 - 10.15**  
**BREATH & YOGA LIVE**  
ZOOM.US

**CONNECT WITH**  
**FIRE WITHIN**  
PDF

**MACROCOSM &**  
**MICROCOSM**  
PDF

**SO HUM MEDITATION**  
AUDIO

**A LAYER DEEPER:**  
**VIJNANAMAYA KOSHA**  
PDF

**JOURNALING**  
**DAY 4**

**DAY 5**  
**RISE ABOVE**  
JAN 9

**A LAYER DEEPER:**  
**ANANDAMAYA KOSHA**  
PDF

**SOOTHE YOUR**  
**NERVOUS SYSTEM**  
AUDIO

**CONNECT WITH AIR**  
**WITHIN**  
PDF

**METTA MEDITATION**  
PDF

**CLOSING**  
VIDEO

**JOURNALING**  
**DAY 5**