

## **Arrowhead Retreat OMunity**

**Sept 25-28, 2019**

People interested in coming only for the weekend, since they may have limited time due to work schedules- is not a problem!

There are daily rates.

### **Thursday Septembet 25, 2019**

ARRIVE, settle in, 30 minutes chanting, 30-60 gentle resotorative Yoga, Kitchery dinner.

Can arrive anytime you want.

3-5 arrive, meet and greet, get settled...

6 Kitschari dinner

7:30 healing circle, intensions setting, breathing consciously, yoga,sound,vibrations and sharing...

10 Bedtime, lights out, off computers and cell phones.

### **Friday September 26**

7am get up, oil pulling, agni sar, lemon water, tea or coffee, if desired

8 meditation ,yoga, mantra

9 kitschari breakfast

10 walking meditation, posture and breathing

12 kitschari lunch

1 kitschari cooking class, ghee making,

Free time, swim in the lake, reading ect. Game room! ..no cell phones and computers!

Only emergency

4 restorative yoga, breathing and relaxing

6 kitschari dinner

7:30 healing circle, Reiki, sound, drumming,

Sharing and singing!

10 bedtime, lights out

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**Sept 25-28, 2019**

**Saturday, September 28th**

7 wake up, agni sar, oil pulling, lemon water, tea or coffee, if desired...

8 meditation, yoga, on trayambakamb:mantra practice with Joe

9 kitschari breakfast

10 ayurveda workshop

12 kitschari lunch

12-3:30 free time, walking, hiking, swimming, individual acupuncture, relaxing...

4 breathing practice, restorative yoga, relaxing

6 kitschari dinner

7:30 healing circle, drumming, sharing, Reiki, sound, singing.....essential oils.. guided relaxation

10 Bedtime, light out

**Sunday, September 29th**

7 wake up, oil pulling, agni sar, lemon water, tea or coffee, if desired

8 meditation, breathing exercises, yoga, mantra practice with Joe

9 kitschari breakfast

10 ayurveda, abhyanga, Q+A, remedies

12 kitschari lunch

2 closing circle

September 2019 Arrowhead Veda-Yoga Retreat

Welcome:

You chose to unplug from your busy life and all your routines for a few days!

Welcome to your SELF!

Undisturbed and ready to practice, learn and share!

We will fast from cell phones, computers, and our families and friends, from foods we usually eat....

We will hold a mono fast, eating 3 times a day a full plant based protein meal called kitschari, a mung bean and basmati rice dish with either coconut oil or ghee,clarified butter and veggies.....and delicious spices!!!

The easiest to digest full protein, so the body and mind restore, renew, replenish and clean!

It's safe and your Doctor is right here!

You will learn about ayurveda and your unique constitution, how to balance your life!

Practice gentle and restorative yoga, learn breathing techniques, cleansing techniques, mantra practice and guidance for relaxation.

We will be in the mountains, surrounded by trees right by a lake!

Outdoor yoga..back to our own nature!

Light and love

Joe, Arati and the OMunity health team!

#### Alternative Late Arrival Friday Septebmer 27th

Friday, September 27th:

3-5 arrive, meet and greet, get settled...

6 Kitschari dinner

7:30 healing circle, intensions setting, breathing consciously, yoga,sound,vibrations and sharing...

10 Bedtime, lights out, off computers and cell phones.