Ayurveda and Yoga Retreat

A very organic home style Retreat in Encinitas California, in an antique sacred space home.

Friday Evening 5 – 8 p.m. Arrival, check – in, meet and greet. Dinner Kitcheree

8 - 10 p.m. Gentle yoga, relaxation Pluto Gong Experience, Savashana style (laying down, complete relaxation, even sleep may occur).

10 p.m. Bedtime sleeping (no cell phone use)

Saturday 6 - 8 a.m. Oil pulling, Agni Sar, meditation, pranayama, Yoga and catch up with one’s self.

9 - 10 a.m. Kitcheree Breakfast, Ghee, Ginger Tea, Enjoy!

10 a.m. – 10:30 a.m. Mindful Meditation with Compassionate Heart Sangha Complete Silence

10:30 – 11:30 Darhma, Sharing

12 Noon Kitcheree Lunch, cooking class participation, personal time,

1-3 Ayurveda Workshop

3-4 Personal time

4–6 Relaxation Yoga, pranayama, meditation.

6 – 8 p.m. Kitcheree Dinner, personal time.

8 - 10 p.m. Yoga, Relaxation, Pluto Gong

10 p.m. Bedtime (no cell phone use)

Sunday

6 a.m. – 8 a.m. Oil pulling, Agni Sar, meditation, pranayama, Yoga and catch up with one’s self.

9 a.m. Kitcheree Breakfast, Ghee, Ginger Tea,

10 – 12 a.m. Abhyanga = Self-love, oil self-massage, Shower after (Bring your own Towels)

12 Noon Kitcheree Lunch,

1-3 p.m. Ayurveda Q & A

4–6 p.m. Restorative Yoga, pranayama, relaxation (meditation)?

6- 8 p.m. Dinner Kitcheree – Departure