

## River Inn Yoga Retreat Schedule

TENTATIVE

### Friday, October 18, 2019

Time	Class/Activity	Location	Instructor
3pm	Check-in	River Inn Office	River Inn Staff
3pm-8pm	Snacks/refreshments/registration	Millhouse Kitchen	Elizabeth Kertesz
4pm-5pm	All Levels Hatha	Millhouse	Larissa Montez
5:30pm-6:30pm	Vinyasa Flow	Millhouse	Tiffany Murphy
7pm-8pm	Restorative (limited props) / relaxation yoga and meditation	Millhouse	Megan Louvin

### Saturday, October 19, 2019

Time	Class/Activity	Location	Instructor
9am-10 am	Morning Stretch/Yoga Nidra	Lower Bank	Tiffany Murphy
10am-2pm	Snacks/refreshments/registration	Millhouse Kitchen	Elizabeth Kertesz
10am-5pm	Massage – payable and waiver directly to therapist	Boathouse Cabana	Robin Anthony
10am-12pm	Gentle SUP Yoga	River – meet at Upper Bank	Jolly Roger
10:30am-11:30am	Vinyasa Flow	Millhouse	Joshua Feeny
11:45am-12:45pm	Gentle Outdoor Yoga	Lower Bank	Joshua Feeny
2pm-4pm	Challenging SUP Yoga	River – meet at Upper Bank	Jolly Roger
2pm-3pm	Gentle Hatha/Yin Yoga	Millhouse	Megan Louvin
3:15pm-4:15pm	Challenging Outdoor Yoga	Lower Bank	Samantha Clayton
4:30pm-5:30pm	Introduction to Ayurveda	Millhouse	Larissa Montez
7pm – 9pm	Potluck Social (hopefully with campfire and/or live music)	Slab or Deck	

### Sunday, October 20, 2019

Time	Class/Activity	Location	Instructor
9am-10am	Morning Stretch/Yoga Nidra	Lower Bank	Samantha Clayton
10am-10:30am	Book Talk – <i>Living Your Yoga: Finding the Spiritual in Everyday Life</i> by Judith Hanson Lasater	Lower Bank	Elizabeth Kertesz
11am	Check Out	River Inn Office	River Inn Staff