



Yoga Peaks: An Adirondack Retreat Featuring Yoga, Art & Philosophy

This itinerary is subject to change.

Notes

- Seminars and classes identified with a * are eligible for CE hours through Yoga Alliance. CE certificates will be provided for \$15. Sign-up and make payment for CE certificates on-site.
- Please indicate your interest in kayaking on the registration form to reserve a boat for the Yoga and Nature session on Saturday afternoon.

Friday, August 26

3:00-5:00 PM	Arrival
5:00-6:15 PM	Vinyasa Yoga: Your Breath as the Gateway
6:30-8:00 PM	Reception and Dinner
8:00-9:30 PM	<p>* Seminar with Anita Black: Rise Above It All – Reveal</p> <p>Clarity is better than certainty. Yoga is one of six fundamental systems collectively known as Darsana, meaning “to see”. Through inquiry and discussion learn about the Branches of Avidya, the film of “mis-perception”, reveal its effects and with clarity, open to Peak Experiences.</p>

Saturday, August 27

7:30-8:15 AM	Sun Salutations and Guided Meditation I
8:15-9:15 AM	Breakfast
9:30-11:30 AM	<p>* Seminar with Marianne Patinelli-Dubay: The Insight that Brings us to the Other Shore</p> <p>The Heart Sūtra (Prajñāpāramitā) introduces us to “ill-being, the causes of ill-being, the end of ill-being, the path” through the concept of emptiness. Emptiness, or the void, is believed to be a fundamental human condition and a vital element of Mahayana Buddhist teaching. Understanding emptiness (śūnyatā) and the way through it, is tantamount to finding our way across the hollows of life’s apparent and persistent extremes. We will listen to the chanted Sutra, read a recent translation and consider together what the teaching might mean and how its wisdom informs our personal relationship with the seemingly opposing realities of suffering and enlightenment.</p>
Noon-1:00 PM	Lunch
1:30-3:00 PM	<p>Observational Drawing with Frances Gaffney: Looking for Grace</p> <p>In this drawing exercise you will be guided to look for the gesture and direction in the natural objects around you. We will look for this subtle grace and discover the pleasure of recording it on paper in very simple forms.</p>
3:30-5:30 PM	<p>Yoga and Nature with Anita Black: Your Mindfulness as the Gateway</p> <p>Mindfulness is a powerful path to getting unstuck, unwired, de-cluttered and de-stressed. Learn how to appreciate “only this moment” as you immerse in the beauty and solace of nature through a mindfulness journey including yoga, walking meditation, and kayaking. (Journaling and/or drawing option available).</p>
6:30-8:00 PM	Reception and Dinner
9:00-11:00 PM	Campfire

Sunday, August 28

7:30-8:15 AM	Sun Salutations and Guided Meditation II
8:15-9:15 AM	Breakfast
9:30-10:30 AM	<p>* Seminar with Anita Black: Rise Above It All - Revive</p> <p>Your rejuvenation and revitalization are essential to “Heeding the Call”. Through inquiry and discussion related to the 8 Limbs of Yoga connect with your Peak Experiences and be a player in your own revival.</p>
10:30-11:45 AM	Vinyasa Yoga: Your Vigor as the Gateway
Noon-1:00 PM	Lunch
1:00-3:00 PM	<p>Open</p> <p>You are welcome to explore your Yoga Peaks through nature, journaling, drawing, and/or yoga.</p>
3:00 PM	Check Out