

# RETREAT & WORKSHOP PLANNING

HOURS SPENT  
WITH CLIENT(S)

PRIVATE OR  
GROUP

VENUE

LOGISTICS

SUPPORT

FINANCES

# IDEAS

Yoga Immersion

Beach Retreat

Yoga Surf Retreat

Chanting & Meditation

Meditation & Breathwork

Yoga Off Your Mat: Yamas & Niyamas

A Chakra Experience



# YOGA IMMERSION

## WORKSHOP

1 Day Workshop, Intro to Yoga, Include a booklet on Yamas & Niyamas and asana: Downward Dog, Child's Pose, Sun A, Sun B, Supine Twist, Half Pigeon, Happy Baby. Explain what AUM and Namaaste mean.

## RETREAT

5 Days. Daily Yoga, Meditation, Breathwork; Including 30 minutes spent on discussing the above booklet. Include local offerings: massage etc.



# BEACH RETREAT

## A 5-DAY RETREAT

Daily Yoga, Meditation, Breathwork on the beach, Include local offerings: massage etc. I like to offer this retreat with the basics, and have an a la carte menu to accompany it.



# YOGA SURF

## RETREAT

5 Days. Daily Yoga, Meditation, Breathwork, including a surf lesson with a certified surf instructor & board rental.



# CHANTING & MEDITATION

## WORKSHOP

2 hours, print a mantra booklet with the information from your course, choose a 60 minute mantra to guide after reviewing the mantra basics. Allow time after the mantra for a short guided meditation. Share afterward.

## RETREAT

5 Days. Daily Mantra sessions; 30 minutes to 1 hour. Include gentle yoga and discussion time each day.



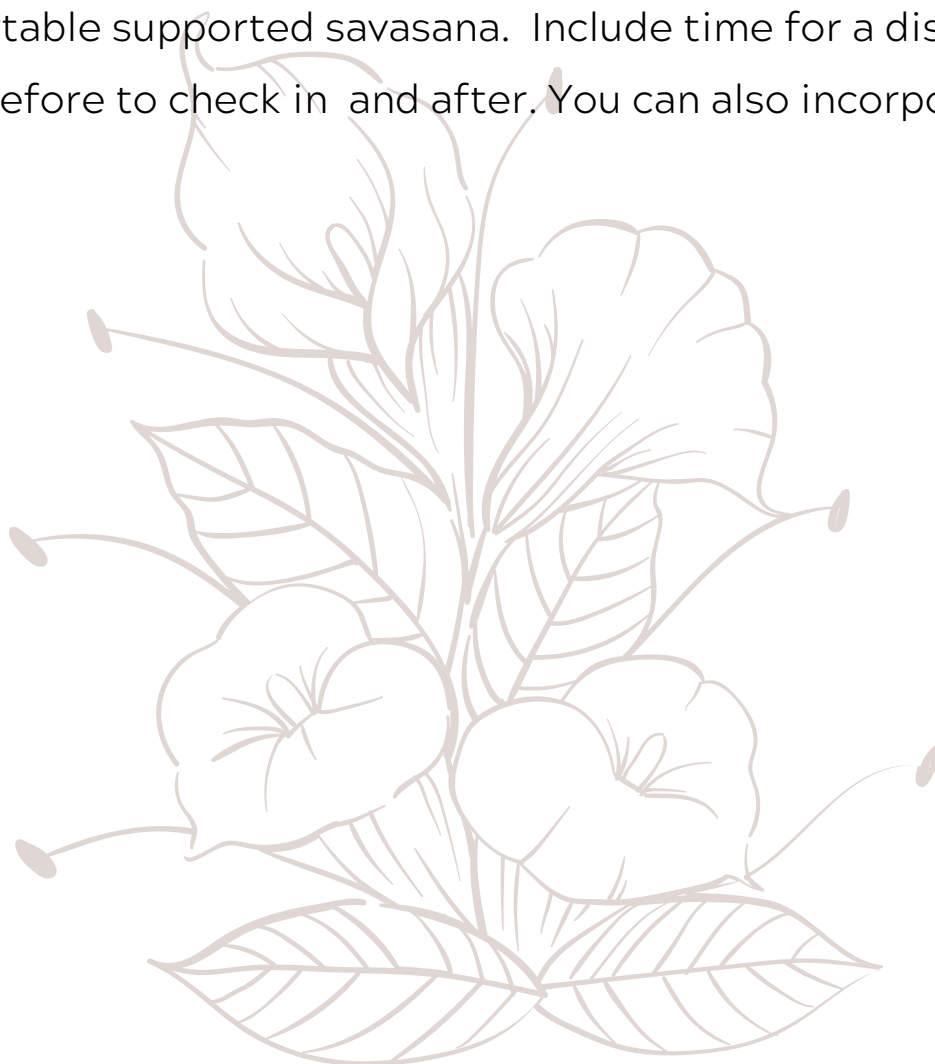
# MEDITATION & BREATHWORK

## WORKSHOP

2 hours, print a meditation & breath work booklet with the information from your course. Choose different meditations to experience and discuss how your students felt afterward. Students love a recording to take home of a meditation; OR you can include an album of all meditations that you choose to guide them through in the workshop.

## RETREAT

5 Days. Daily Meditation & Pranayama - 30 minutes; set up in a comfortable supported savasana. Include time for a discussion before to check in and after. You can also incorpor



# YOGA OFF YOUR MAT

## WORKSHOP

2 hours, print a workbook of the yamas and niyamas - you can use your course material .

meditation & mantra booklet with the information from your course.

Choose different meditations to experience and discuss how your students felt afterward. Students love a recording to take home of a meditation; OR you can include an album of all meditations that you choose to guide them through in the workshop.

## RETREAT

5 Days. Daily Meditation - 30 minutes; set up in a comfortable supported savasana. Include time for a discussion before to check in and after





# A CHAKRA EXPERIENCE

## WORKSHOP

2 hours, print a workbook of the chakras from your Energy of Yoga Module; review the booklet - students can take turns reading, then guide your class through the chakra experience. Set them up in a comfortable supported savasana. Share circle to end.

You can add essential oils, mudras, and chanting of bijas.

## RETREAT

7 Days; one for each of the major chakras. Include yoga, mantra, mudra, essential oil and pranayama for each chakra. Always do a check-in before and after with your students. Include any local offerings. Reiki works great with Chakras.



