

The Body Sacred Naked Yoga Retreat Schedule

Friday, May 17

| | |
|-----------------|---|
| 7:00pm – 7:25pm | Registration & Check in – Clubhouse |
| 7:30pm – 9:45pm | Opening Ceremony, Singing Bowl Meditation and Q&A: Isis Phoenix & Luna Phoenix and Lloyd Sparks – Clubhouse |

Saturday, May 18

| | |
|-------------------|---|
| 7:00am – 7:50am | Sunrise Beach Yoga with Isis Phoenix & Luna Phoenix – Beachfront |
| 8:00am – 9:45am | Breakfast Break and Recreation |
| 10:00am – 11:00am | Class A: Partner Yoga Class with Isis Phoenix – <i>(Please pre-determine your partner)</i> – Clubhouse |
| 10:00am – 11:00am | Class B: Nagna Chair Yoga with Luna Phoenix – Terrace |
| 11:15am – 12:15pm | Class A: Chakra Tuning & Energy Clearing with Isis – Clubhouse |
| 11:15am – 12:15pm | Class B: Core Vinyasa Flow Yoga with Luna – Terrace |
| 12:30pm -2:30pm | Lunch Break and Recreation |
| 2:45pm – 4:45pm | Presentation: "Breath, Food, Sex, and Happiness: A Guide Through the Autonomic Nervous System" by Dr. Lloyd Sparks, with Q&A – Sunning Lawn |
| 5:00pm – 6:00pm | Class A: Thai Yoga Massage with Isis – <i>(Please pre-determine your partner)</i> – Clubhouse |
| 5:00pm – 6:00pm | Class B: Therapeutic Yoga: Shoulders and Hips with Luna – Terrace |
| 6:15pm – 8:00pm | Dinner Break |
| 8:15pm -10:15pm | Body Sacred Gratitude Ceremony and Discussion (Isis, Luna & Dr. Lloyd Sparks) – Clubhouse |

Sunday, May 19

| | |
|-------------------|--|
| 7:45am – 8:45am | Morning Beach Yoga with Isis & Luna – Beachfront |
| 9:00am -10:00am | Breakfast Break |
| 10:15am – 11:15am | Class A: Yin Yoga and Guided Meditation with Isis – Clubhouse |
| 10:15am – 11:15am | Class B: Kundalini Yoga with Sound meditation for Trauma Healing with Luna – Terrace |
| 11:30am -12:45pm | Closing Body Sacred Ceremony & Gratitude Practice – Clubhouse |
| 1:00 – 2:00pm | Check out and Goodbyes 😊 |

[Session locations subject to change]

Class Descriptions

****** Please plan on bringing your yoga mat to every class. ******

Sunrise / Morning Beach Yoga: An easy morning gentle vinyasa flow to greet the day. **All levels Welcome. Previous yoga experience recommended.**

Nagna Chair Yoga: This class is primarily taught in a seated chair position and is open to those who may have some issues with standing and lying down poses for long period of times. **Open to all levels including beginners and those with limited mobility.**

Core Vinyasa Flow Yoga: This class is based on Sadie Nardini's style of Yoga Teaching. Working Core muscles in a very unique way using breathwork in basic yoga poses to enhance and work the core muscles harder and more efficiently. **Open to All Levels.**

Yin Yoga: A slow, gentle and restorative yoga practice. Poses are held for a longer amount of time and in doing so begin to hydrate and nourish the tendons and connective tissue of the body. During the yoga asana we will journey through a guided meditation practice. **Open to All Levels. Props - Please bring two yoga blocks, strap and a beach towel.**

Therapeutic Yoga - Shoulders and Hips: This is a yoga class primarily focused on healing and strengthening shoulders and the hips using ties or yoga straps as prop for the shoulders. **Open to all levels. Please bring a yoga strap or similar.**

Partner Yoga – A fun and playful yoga practice that involves partnered yoga poses and pranayama practices that help you go deeper into our own practice while supported by the presence of another body and nervous system. **Please pre-determine your practice partner for this class. Open to all levels. This class is hands on.**

Kundalini Yoga with Sound Meditation: In this Kundalini yoga practice, the intention is to heal and release any hidden trauma that may be preventing the fullness of the individual from manifesting or receiving additional blessings. We will be using sound meditation and mantra. **Open to all levels.**

Chakra Tuning and Energy Clearing: Gentle energy clearing techniques using breathing, visualization, movement, meditation and sound to bring about a harmonized and balanced energy system. Some exercises will be partner and hands on. **Open to all levels.**

Thai Yoga Massage: Supported passive yoga poses that incorporate elements of bodywork and partner stretching. **Please pre-determine your partner for the class. You will be in both a giving and receiving role. All levels welcome. This class is hands on.**