



The SOYA Annual Yoga Retreat Schedule for  
**Life as a Yogi in the 21st Century**  
**With Brenda L. Feuerstein**

May 31-June 2, 2019 Sorrento Centre, Sorrento BC

**Friday 6:45 – 7pm - Welcome**

7pm – 9:30pm - Yoga and the Feminine Divine

An overview of yogic teachings from the perspective of the feminine Divine to help us better understand how to respond to our internal and external world from a place of compassion and joy. This session will end with an asana practice that focuses on bringing more awareness to the Divine feminine, as well as meditation and pranayama practice that is focused on the heart.

**Saturday 6:30-7:45 am - Hatha Yoga**

This practice will consist of gentle Hatha-Yoga practices dedicated to awakening the heart into pure awareness.

**BREAKFAST 8 AM at Sorrento Centre**

**Saturday 9:30 - 12:30 - Bhagavad-Gita in the 21st Century**

This is an interactive session that will weave the teachings of the Bhagavad-Gita into everyday life. The session will include a talk, and participants will be led through various gentle asanas, meditation, pranayama to help fully embody the teachings of this sacred text.

**Lunch 12:30 at Sorrento Centre Dining Room followed by free time**

**Saturday 3pm – 5:30pm - Mind/Body Practices for Trauma, Eating Disorders, Grief and Dying**

During this session we'll be actively exploring how asana, pranayama, and meditation can be introduced, in a gentle and supportive way, to people living with trauma, eating disorders, grief, as well as the dying process.

**Dinner 5:30pm at Sorrento Centre**

**Saturday evening 7:30-8:45pm Joy-Filled Yogi**

This evening session will focus on the process of living fully with a compassionate and caring response toward ourselves and the world we live. Included in this session is a *Living with Joy Meditation* practice.

**Saturday evening 8:45 - 9:30 - Yoga-Nidra**

This session will be the practice of Yoga-Nidra which is deeply transformative and assists in unravelling patterns that are holding you back from your full potential.

**Sunday 6:30 – 7:45 AM Hatha-Yoga**

This practice will consist of an exploration of the *koshas* by slowly “waking up” the body and mind, and realizing our unique relationship with the Divine through the symbolism of asanas, pranayama and meditation.

**Breakfast - 8 AM at Sorrento Centre**

**Sunday 9:30 – 12 noon - The Sound of Yoga**

During this session we'll talk about the impact Sanskrit has on the subtle body and how we can make use of that energy in our day-to-day lives. Brenda will introduce a unique method for learning Sanskrit that offers people the opportunity to fully embody the language to the point where the inner sound and the outer sound become One.

**12 - 12:30 Closing Arati led by Mugs**

**Lunch 12:30 at Sorrento Centre Dining Room followed by Departure**