



Trusting The River: Yoga As A Way Of Life.

With Rolf Gates, Director of the Kripalu School of Yoga

Event Schedule SOYA Annual Retreat 2025 Sorrento, BC

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|---------------------------|---|---------------------------------|---|
| Friday May 30 | Afternoon: <i>Memorial Hall</i> | 1pm | Registration begins at Sorrento Memorial Hall |
| | | 1:30-5pm | Asana Classes offered by SOYA faculty will be held during registration to stretch after the drive at 1:30-2:30pm 2:45-3:45pm, and 4-5pm. |
| | <i>Dining Room</i> | 5:30pm | Dinner at Sorrento Centre |
| | Evening: <i>Memorial Hall</i> | 6:45-7pm 7-9pm | Welcome & Housekeeping Details The Balance Of Attending And Allowing Wisdom Session with Rolf on Vairagya and Abhyasa. Will include discussion, asana, pranayama and meditation. |
| Saturday May 31 | Morning: <i>Memorial Hall</i> | 6:30-7:45am | Waking Up Together Morning Asana Practice led by Rolf. |
| | <i>Dining Room</i> | 8am | Breakfast at Sorrento Centre |
| | <i>Memorial Hall</i> | 9:30-12pm | Remembering Wisdom Session with Rolf on Embodying The First 3 Sutras. Will include discussion, asana, pranayama and meditation. |
| | <i>Dining Room</i> | 12:30pm | Lunch at Sorrento Centre. |
| | Afternoon: <i>Memorial Hall</i> | 2-5:15pm | Trusting The River Wisdom Session with Rolf: Embodying the Limbs of Samyama. Will include discussion, asana, pranayama and meditation. |
| | <i>Dining Room</i> | 5:30pm | Dinner at Sorrento Centre |
| | Evening: <i>Memorial Hall</i> | 7-9pm | SOYA 30th Anniversary Party with Shell Andréa Yoga + Kirtan Join this communal celebration led by Shell and Anton, where the resonance of mantras is intricately woven with the enchanting melodies of harmonium and drum. No chanting or singing experience necessary. |

Sunday,
June 1

Morning:
Memorial Hall

6:30-7:45am **Waking Up Together**

Morning Asana Practice led by Rolf.

HALL MUST BE VACATED AFTER THIS.
PLEASE TAKE ALL YOUR ITEMS WITH YOU.

Dining Room

8am

Breakfast at Sorrento Centre

PLEASE VACATE YOUR ROOMS IF AT SORRENTO CENTRE AFTER
BREAKFAST & BEFORE WISDOM SESSION

Caritas Room

9:30-12pm **Yoga As A Way Of Life**

Wisdom Session with Rolf: Embodying the Yoga Sutras of 1.33
and 2.33. No mats needed, but bring blankets to sit upon.

Dining Room

12-12:30pm **Closing Arati Ceremony led by Mugs and Rebecca**

12:30pm Lunch at Sorrento Centre

WITH DEEP
GRATITUDE TO ALL
OF YOU



DRIVE SAFE.
WE HOPE TO SEE YOU
NEXT YEAR!

OM SHANTI

Save the Dates for the next
SOYA ANNUAL RETREAT



JUNE 5-7, 2026
SORRENTO, BC