



November 11-14, 2021 – Abiquiu INN Initial Retreat Outline

Below is the initial schedule of retreat activities. All activities are open to registrants. Retreat hosts Marta and Deborah will be housed in Drumlin House, which will serve as our informal retreat HQ and group gathering and dining space. Retreat teaching sessions are scheduled to be held in the Galleria, located upstairs in the main reception building of the Inn.

Thursday 11/11

- 4pm check in to your room at the Inn; settle in to your room
- 6pm Welcome Dinner @ Drumlin House
- 7:30pm Orientation; 1-on-1 Meeting sign-ups ⁽¹⁾; Passing Along the Sisterhood Gift Exchange ⁽²⁾
- 8:30pm Yoga Nidra ('sleep of the yogi')

Friday 11/12

- 7am *Optional* walking meditation. Meet in the garden; dress warmly.
- 8am Community Breakfast @ Drumlin House
- 9-10:30am Pranayama (breathing) for Yoga
- 11am-12:30pm Yoga for Strength and Balance
- 12:30-2:30pm Lunch on your own; explore the area on your own; rest; One-on-One's
- 2:30-3:30pm Breath Essentials for Fitness Practices and Spine Health
- 4pm-5:00pm Resistance Band Fitness
- 6:00pm – Community Dinner at Drumlin House
- 7:30pm Head Massage Technique and Restorative Yoga

Saturday 11/13

- 8am Community Breakfast @ Drumlin House
- 9:30-10:30am Upper Body body-weight Movements for Strength
- 11am-12pm Lower Body body-weight Movements for Strength
- 12:30-2:30pm Lunch on your own; explore the area on your own; rest; One-on-One's
- 2:30-4pm Yin Yoga
- 4:30-6pm Accessible Yoga
- 6:30pm Community Dinner and dessert wine social @ Drumlin House

Sunday 11/14

- 8am Community Breakfast @ Drumlin House
- 9:30-10:30am The Dharma of "Be Here Now" and Closing Circle
- 11am checkout

⁽¹⁾ We've reserved six, 20-minute meeting times for those who want to sign up to meet individually with Marta or Deborah to talk yoga or fitness. Meeting slots will be on Friday or Saturday during the 12:30-2:30 pm time slots.

⁽²⁾ This gift exchange is a long-standing retreat tradition – details provided to registrants before retreat begins

Session Times and/or Content May be Subject to Change