

# MORE THAN ... YOGA RETREAT

## MAY 17-19, 2019

House of Blessings Retreat Center  
171 Hummingbird Lane  
Eureka Springs, AR

Early Bird Registration: \$250 before Easter  
After Easter: \$280  
Saturday classes: \$150  
Sunday Classes: \$75  
Go to: [paypal.me/MayYogaRetreat19](https://paypal.me/MayYogaRetreat19)



Questions? Contact:  
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Text: 347.285.8249

CLASS DESCRIPTIONS: All classes are all levels  
–something for everyone

- Yin Yoga: deepens and directs postures to target the connective tissues less frequently exercised in Yang styles of yoga
- Sunrise Salutations: a wake-up flow, outside on the field, if weather permitting
- Ashtanga Primary Series: set poses linked together with vinyasas [flows] building focus, strength and mental calm; perfect for yogis who are confident with the basics or wanting to deepen their understanding; modifications and options will be given so all students can have a robust practice
- Blindfold Yoga: covering your eyes heightens your other senses, brings you right into the moment, enhances your balance; laugh and tune into yourself; you can peek under the blindfold or not wear one if you want; bring your own blindfold [bandanas are great] and enjoy a very relaxing savasana

- Intro to Ayurveda: the 5,000-year-old sister science of yoga can give you some basic applications to maintain balance in your life, build immunity, heal and repair; understanding our basic natures, how to flow with daily & seasonal rhythms to sleep better, have more energy and better digestion
- Right Brain/Left Brain Integration with Yoga: to integrate the function of both hemispheres to learn better, to understand better and become more proficient at everything; will modify traditional asanas and let the two sides of our brains cooperate
- Creative Flow: move in a variety of directions as you unlock your creative potential; build energy, calm your mind, stretch deeply and breathe
- Yoga & Chill: a fun flow in a very chill environment with smiles and laughter encouraged; a great way to end your day with friends and good vibes on your yoga mat
- Silent Yoga: where yoga meets mime meets charades; using chimes we will slowly move to the next pose and stretch; quiet and meditative [except for our laughter]
- Yoga/Somatics: consists of gentle, slow movements to reawaken and lengthen muscles, balancing out the body for a more harmonious whole
- Yoga Nidra: or yogic sleep, is a method to complete mental, emotional and physical relaxation bringing great balance and clarity into our lives
- Essential Oils: What are essential oils and what do they do? Learn how to live toxic free

Faculty: Rena Wren, Chris Armstrong, Erin Clair, Connor Duesterbeck, Penny Childress, Jessica Mongeon, Cynthia Eisemann, Kim Miller

