

Music, Mantra & Vinyasa Spring Retreat  
April 26-28, 2019

Friday 1 p.m.

Arrival

2:00 p.m. - 3:30 p.m.

**Yoga class with live music**

Start your retreat experience with an invigorating flow yoga class full of juicy hip openers, twists, and heart openers.

Musician, Benjamin Wolfgang, will provide relaxing live acoustic guitar music for this class.

3:30-6

**Free time**

6-7

**Dinner**

8:30-9:15 p.m.

**Lullaby (live music) Restorative yoga**

Restorative yoga is a gentle practice where blankets, bolsters and other props are used to support your body as you rest and relax on your yoga mat. Props are positioned to help release tension in the hips, shoulders, and back. You will rest in each supported pose for 5-10 minutes while listening to melodic acoustic guitar music performed live by musician, Benjamin Wolfgang. His enchanting melodies will lead you towards deeper states of bliss and relaxation. This soothing practice will leave you ready for a peaceful night's sleep!

Saturday

7:30 - 8:15

**Gayatri mantra meditation & sun salutations**

The Gayatri Mantra is said to be the most sacred and powerful of all mantras. It is a mantra for illumination both for ourselves and all beings. We will chant this mantra together as a meditative practice to calm and uplift our minds. No previous mantra or meditation practice is necessary to participate.

We will conclude our meditation with 12 self-led sun salutations to warm and awaken our bodies.

8:30 -9:30 a.m.

**Breakfast**

10:00-11:30 am

**Live music yoga class & mantras!**

Add a new dimension to your yoga practice by combining yoga poses (*asanas*) with sacred sounds & vibrations called Mantras. Mantras are special words or phrases that are repeated to help to focus and calm the mind. Interweaving movement and sound together creates a powerful vehicle to move energy and consciousness to a deeper level.

In this class, simple mantras will be taught and practiced along with a practice of yoga poses (*asanas*) and breathing (*pranayama*).

The group practice of mantra & movement manifests an atmosphere of joy and bliss that is sure to leave you uplifted, refreshed, and connected to a deeper sense of open-heartedness.

Musician, Benjamin Wolfgang, will provide relaxing live acoustic guitar music for this class.

12 lunch

1-4

Free time

4-5:30

**Mantra Meditation workshop**

Sanskrit mantras hold power in their sound and vibrations and help to focus and still the mind. In this workshop, simple mantras for creating abundance, peace, and spiritual illumination will be introduced and you will receive the tools for developing a personal mantra meditation practice that you can continue at home. In this informative and interactive workshop, you will learn the pronunciation, meaning, and method of chanting these powerful mantras. No previous yoga, singing, or meditation experience is necessary. Note: this workshop does NOT include any yoga poses or movement.

5:30-6

**Gentle Stretch class**

Wind down your day with some gentle movement to open and release the hips, back, and shoulders.

7 p.m.

**Dinner**

8:30

**Music Jam & s'mores under the stars**

Enjoy a night out under the stars while we sing campfire and popular music standards, including "Let It Be," "Puff The Magic Dragon," "Sweet Caroline" and more!

Feel free to bring your instrument and play along, if you'd like!

Sunday

7:30

**Gayatri mantra & sun salutations**

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We will conclude our meditation with 12 self-led sun salutations to warm and awaken our bodies.

**8 am breakfast**

10:00-11:30

**live music yoga practice w/mantra meditation**

In our last yoga class of the retreat, enjoy an energizing flow of yoga poses set to live guitar music. We'll conclude the class with a group mantra meditation practice & extended savasana (final relaxation).

Musician, Benjamin Wolfgang, will provide relaxing live acoustic guitar music for this class.

**12 lunch & goodbyes**

**Andrea Creel** is a yoga instructor and singer who loves sharing her passions with others! Andrea has been teaching yoga since 2005 and is known for her intuitive and creatively sequenced vinyasa flow that emphasizes mindfulness, breath, and alignment and often incorporates aspects of yoga philosophy, chanting, and meditation. She has studied kirtan (call-and-response chanting) with nationally known kirtan artists David Newman (Durga Das) and Wynne Paris, and studied mantra meditation with Namadeva Thomas Ashley Farrand. From 2010-2011, Andrea led kirtans throughout the Washington, D.C. area as part of [The Shaktis](#), D.C.'s first and only all- female kirtan group. She is on the teacher training faculty at [extendYoga](#) in Rockville, MD where she has taught mantra and chanting to teacher trainees since 2015. Andrea is also the founder of [Shining Kids Yoga](#) which is one of the leading providers of kids yoga classes in Maryland.

**Ben Wolfgang** is a musician, writer, and yogi. With more than 15 years' experience as a singer, songwriter and guitarist, critics have called his music "electric with life and energy," "rich and original," and "uplifting and inspiring." Ben will bring his entrancing guitar melodies to our weekend during live-music yoga classes.