

HOME YOGA RETREAT

DAY 1

REFLECTION
CHALLENGES,
VALUES, VISIONS.

WELCOME
VIDEO

A COCOON
EXPERIENCE
PDF

HOW TO
PREPARE YOUR
COCOONING SPACE
VIDEO

JOURNALING FOR
SELF-REFLECTION
PDF

EVENING YOGA
VIDEO

INTRODUCTION TO
RITUALS
PDF

SONG & MANTRA
OF THE DAY

CARD FOR JANUARY
2024

DAY 2

RELEASE
AND LET GO

MORNING YOGA
VIDEO

JOURNALING TO
RELEASE & LET GO
PDF

EVENING
MEDITATION &
YOGA NIDRA
VIDEO

SONG & MANTRA
OF THE DAY

CARD FOR FEBRUARY
2024

DAY 3

EMPOWERMENT
CULTIVATE YOUR
INNER LIGHT

MORNING YOGA
VIDEO

CREATE A VISION
BOARD FOR 2024
PDF

EVENING
CANDLE-LIGHT YOGA
LIVE PRACTICE

SONG & MANTRA
OF THE DAY

CARD FOR MARCH
2024

DAY 4

HEALING
REESTABLISH
RELATION WITH
THE SOURCE

MORNING YOGA
LIVE PRACTICE

BREATH
PDF

RITUAL METTA
MEDITATION
PDF

SONG & MANTRA
OF THE DAY

CARD FOR APRIL 2024

DAY 5

CONNECT
INNER UNIVERSE
AND OUTER COSMOS

MORNING YOGA
LIVE PRACTICE

RITUAL DIGITAL
DETOX
PDF

EVENING YOGA
LIVE PRACTICE

RITUAL SMUDGING
PDF

SONG & MANTRA
OF THE DAY

CARD FOR MAY 2024

DAY 6

MINDFULNESS
PRACTICE GRATITUDE

MORNING YOGA
VIDEO

RITUAL GRATITUDE
JOURNALING
PDF

EVENING YOGA
VIDEO

BED-TIME RITUAL
PDF

SONG & MANTRA
OF THE DAY

CARD FOR JUNE 2024

DAY 7

THE SAVOURING
OF SHIFTS

CLOSING MORNING
PRACTICE YOGA
LIVE PRACTICE

NEW YEARS RITUAL
PDF

SONG & MANTRA
OF THE DAY

CARD FOR JULY 2024