

21th Annual Wholeness Retreat
September 6-8, 2024
HF Bar Ranch, Saddlestring, Wyoming

Cultivating Evenmindedness In A Fluctuating World

Friday 9/06/24

| | | | |
|----------------|--|------------------------|------------------|
| 1:00 – 1:45 | Registration. Get Settled on Your Mat or in Your Cabin | | |
| 2:00 – 3:00 PM | Restorative Yoga. Unwind! | Amanda | Clubhouse |
| 3:15 – 5:00 PM | Ayurveda 101; What’s My Dosha? | | |
| | Living in Sync with Your Constitution | Sarasvati | Library |
| 5:15 – 5:45 PM | Qigong | Michael | Outdoors |
| 6:00 PM | Dinner | Dining Pavilion | |
| 7:30 – 8:30 PM | Tea and Music Under the Stars | Austin | |

Saturday 9/07/24

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| 9:00 – 9:45 AM | Morning Yoga | Amanda | Clubhouse |
| 10:00 – 10:45 AM | Pranayama & Meditation | Sarasvati | Library |
| 10:45 – 12:15 | Ayurvedic Aromatherapy; | Hunter | Library |
| | All the Basics on Essentials – Overview of Who, What, Where, When | | |
| 12:30 PM | Lunch | Dining Pavilion | |
| 1:30 - 2:30 PM | Break; take a walk, a hike, sit on the porch a spell. | | |
| 2:30 – 4:00 PM | Ayurveda for Optimal Health: Tongue Diagnosis, Digestive Health The Healing Properties of Culinary Herbs | Sarasvati | Library |
| 4:15 – 5:00 PM | Balancing Female Hormones in Times of Transition | Sarasvati | Library |
| 4:15 – 4:45 PM | Qigong | Michael | Outdoors |
| 5:00 – 5:30 PM | Yoga Nidra | Cindy | Clubhouse |
| | Or Take A Break | | |
| 6:00 PM | Dinner | Dining Pavilion | |
| 7:30 – 8:30 PM | What Is Yoga Really? Ancient and Modern | Sarasvati | Library |

Sunday 9/08/24

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| 9:00 – 10:15 AM | Morning Yoga, Self Massage, Marma, Guasha | Amanda & Cindy | Clubhouse |
| 10:30 – 12:15 | Rituals for Your Health, Japa, Vedic Chanting/Prayers Breathing Practices & Herbal Friends for Times of Stress | Sarasvati | Library |
| 12:30 PM | Lunch | Dining Pavilion | |

Be advised. Pop Up Ayurveda Jeopardy can happen anywhere! Beth/Amanda

Please be respectful and arrive at meals promptly. The wait staff serves when all are seated. Thank You!
Turn cell phones completely off (not just to silent) Use in btw classes if needed.
Avoid perfumes and scented lotions. We’ll have some items for sale. (Check or cash only).
If someone needs to get a hold of you they can call HF Bar at 684.2487 and staff will find you.