

Turning to the Light: A Restorying Yoga Retreat

February 21 - 22, 2014 at Baltimore Yoga Village, Mt. Washington
Suitable for all levels. \$75 weekend retreat includes dinner on Friday night.

During this time of great change, a new story is emerging in our culture and we each have a role in shaping it. Through yoga asanas, imaginative journaling, and community collaboration, this retreat will help you become more conscious of the stories you live by and inspire you to tell a story big enough to live in.

In this retreat, we will explore the in-breath of listening and the out-breath of action. We will engage heart, head and hands to feel, imagine, and shape the new stories that want to come through us. Story-based practices draw from a deep well of imagination to receive the guidance and encouragement available to all of us.

Friday 6:30 - 9:30 p.m. Letting Go

Share in community, release old stories that no longer serve us, and ground ourselves with forward bends and hip-opening poses.

Saturday 1:00 - 4:00 p.m. Letting Come

Journey inward into your story and collaborate on re-visioning our old cultural stories. A fiery asana to align with the internal flame of transformation will burn away old stories and ignite new ones.



Saturday 5:30 - 8:00 p.m. Activating

Now that you have tilled the soil, what will you plant? Cultivate your new story and imagine taking it out into the world. Empowering asana practice will help you activate courage and deepen commitment.

Retreat Leaders



Vivian Campagna deeply, even fiercely, committed to living yoga as a sacred path of awareness, healing and wholeness. Vivian's sharp knowledge of biomechanics, movement technique and artistry emerge from a lifetime of dedicated studentship. Described by students as spiritually integrated and intensely present, Vivian is known for skillfully weaving creative sequences that positively shift body and soul.



Julie Gabrielli explores ways to experience belonging and cultivate joy, creativity, and reverence. When she's not designing buildings and places that marry the best of new and old traditions, she works with other media, including film, to listen for and tell the new stories that are emerging in our culture. Her first novel, "Nasrudin's Key," will be published in 2014.
www.gabriellidesign.com



Register online at baltimoreyogavillage.com and reserve your spot today!