

# Yoga Retreat Information

## ***Online Retreat 27-29 November 2020***

Welcome to our My Health Yoga Online Retreat! We look forward to a fulfilling and awakening adventure with you!

**Cost:**

Donation (suggested donation \$100)

**Includes:**

Free plant-based recipe e-book, live classes, exclusive content, spiritual talks, meditations, one-on-one time with senior facilitators, as well as interactive cooking demonstrations and MORE!

**Format:**

The online retreat will be based in a private Facebook group with live videos and chats – so access to Facebook and good internet is essential.

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### ***How will the retreat run?***

We are offering live content, for the online retreat. For those who want to join us in real time, the retreat will commence Friday evening and run through until Sunday morning. However, if you have work, or other commitments over the weekend, once you have access to the Facebook Retreat group and we have finished each section of the retreat, the content will remain in the group for you to access at any time! That way, you can join in when it serves you. Plus, you are able to re-watch the classes as much as you like!

This online retreat is about YOU!

Namaste

YOUR MY HEALTH YOGA FAMILY



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# Yoga Retreat TIMETABLE

*Please note this is on New South Wales time (Daylight Saving is 1 hour ahead of Queensland for example)*

**Friday**

27 November 2020

TIME	EVENT	INFORMATION	REQUIRED
5pm	Opening Ceremony	Welcome Ceremony Chanting Chakra Dance	Small Candle Yoga mat
6pm	Dinner	“Pulled Pork” Vegan Tacos	See shopping list
8:30pm	Class	Restorative Yoga & Sound Healing	Yoga mat, bolster, pillow, blanket

**Saturday**

28 November 2020

TIME	EVENT	INFORMATION	REQUIRED
7:30am	Class	Vinyasa Yoga & Pranayama	Yoga mat
9am	Breakfast	Smoothie Bowl	See shopping list
11am	Workshop	AcuYoga & Self-Massage Workshop	Yoga mat, notepad & pen
1pm	Lunch	Falafal Salad	See shopping list
3pm	Workshop	Art Therapy & Crystal Healing	See list for required art items
5pm	Class	Yin Yoga	Yoga mat, bolster, pillow, blanket
6:30pm	Dinner	Indian Dahl & Gluten-free Naan	See shopping list
8:30pm	Guided Meditation	Meditation for 5D Activation & Metaphysical Clearing	Yoga mat, blanket, pillow

**Sunday**

29 November 2020

TIME	LOCATION	ACTIVITY	Other
7:30am	Class	VinYin Yoga	Yoga mat, pillow, bolster
9am	Breakfast	Chia Bowl	See shopping list
10:30am	Closing ceremony	Dharma Talk Closing Ceremony	Yoga mat
Remainder of your day	Recommended	Nature Walk Journalling Reflection Time	

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## Online Retreat Shopping List

*All ingredients are easily sourced in your local supermarket or health food store. We have consciously made the recipes simple with minimal ingredients for ease. Many ingredients will also be used in multiple recipes. Purchase organic where possible. Each recipe will serve 2 people so double as needed.*

### Friday Dinner

#### *“Pulled Pork” Plant-based Tacos*

- 2 cans green jackfruit
- 1 capsicum
- punnet cherry tomatoes
- small cabbage (or half piece)
- 2 carrots
- 2 ripe avocados
- 1 lime
- 1 lemon
- 4 garlic cloves
- 1 chilli (optional)
- bunch coriander (or herb of your choice)
- ground cumin
- smoked paprika
- packet raw cashews (at least 250 grams)
- nutritional yeast flakes
- sea salt
- dijon mustard
- taco shell - we are using a lettuce cup, however, you may like to use a traditional taco shell or wrap of choice



## **Saturday Breakfast**

- *Smoothie Bowl*
- *2 bananas (frozen)*
- *1 mango*
- *Punnet of Strawberries*
- *Coconut Water (water will suffice)*
- *Coconut yoghurt*
- *Muesli of choice*
- *(note you can change the mango and strawberries to fruit of choice)*

## **Saturday Lunch**

### *Falafel Salad*

- *Packet of dried chickpeas (note you cannot use tinned chickpeas)*
- *4 garlic cloves*
- *ground cumin*
- *smoked paprika*
- *turmeric powder*
- *tapioca flour*
- *baking soda*
- *coriander or herb of choice (use left over from taco recipe)*
- *sea salt*
- *coconut oil*
- *Salad (eg. spinach leaves, avocado, tomatoes, cucumber etc)*



## **Saturday Dinner**

### *Indian Dahl & Gluten-free Naan*

- *Packet red lentils*
- *mustard seeds*
- *cumin seeds*
- *4 garlic cloves*
- *1 large knob ginger*
- *1 lemon*
- *sea salt*
- *coriander (or herb of choice)*
- *packet almond meal*
- *packet tapioca flour*
- *can coconut milk*
- *coconut oil*

## **Sunday Breakfast**

### *Chia bowl*

- *packet chia seeds*
- *can coconut milk*
- *coconut yoghurt*
- *fruit of choice (sweet fruit is recommended eg. pineapple, mango, peach)*
- *muesli of choice*



