

YOGA FOR ALL MUSICIANS

Retreat Schedule

8 mon	4:00 pm: Opening Gathering 5:30 pm: Group Dinner 8:00 pm: Yoga
9 tue	7:30 am: Yoga 10:30 am: Hike & Meditation 3:00 pm: Yoga 5:30 pm: Group Dinner 7:30 pm: Psychology of Sleep 9:00 pm: Yoga Nidra
10 wed	7:00 am: Sunrise yoga in the park 10:30 am: Time on the water 3:00 pm: Yoga 5:30 pm: Group Dinner 8:00 pm: Sound Bath
11 thu	7:30 am: Meditation & Breath 10:30 am: Yoga & Reiki Sessions 2:00 pm: Walking Meditation 5:00 pm: Group Dinner 7:30 pm: Yoga 9:00 pm: Bonfire
12 fri	6:00 am: Sunrise Hike Mt. Azure & Yoga at top 11:30 am: Group Lunch

Venues & Locations

Indoor Yoga Space
Trillium Wellness Center



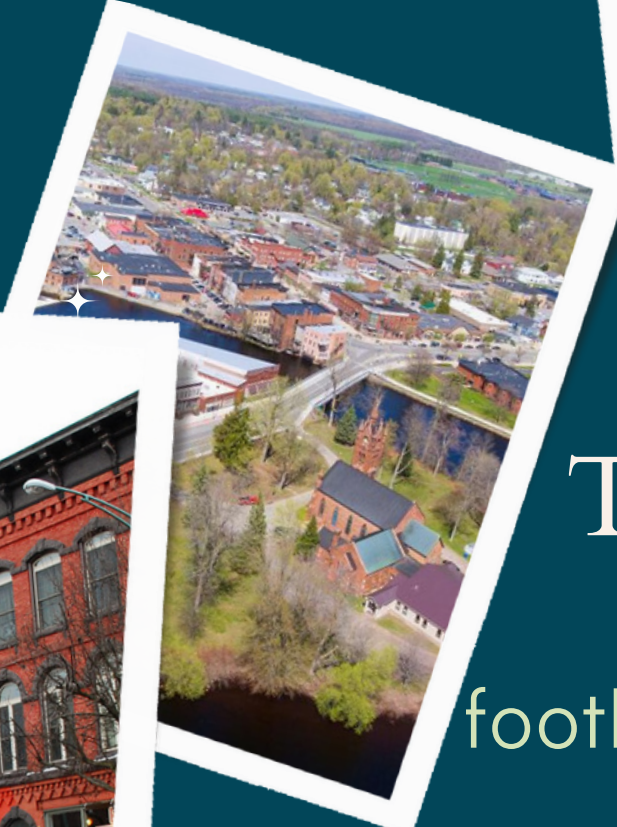
Outdoor Spaces

Racquette River
Stone Valley
Ives Park
Munter Trail
Mt. Azure



Group Food Outings

Big Spoon Kitchen
Potsdam Thai Cuisine
Royal India Grill
The Blue House
Jake's on the Water



The Village of Potsdam

Located in the Adirondack foothills, the Village of Potsdam has a rich heritage, natural beauty, cultural attractions and more



Special Guests

Dr. Brendan Bui ✨

Sleep Psychologist

Dr. Brendan H. Bui is a sleep psychiatrist and is affiliated with multiple hospitals in the area, including Veterans Affairs Western New York Healthcare System-Buffalo Division and Hospitals of the University of Pennsylvania-Penn Presbyterian. He received his medical degree from University of Maryland School of Medicine and has been in practice for 10 years.



✨ Becky Harblin

Sound Bath Specialist



Becky's offerings incorporate Peruvian Amazonian Healing and spirituality into all her work, from reflexology to painting, poetry, and Sound Baths. It is Becky's great hope to be a positive element in our community, either one on one, or in a group such as the sound emersion experiences.