

MII AMO RETREAT

Discover Yourself Through Yoga & Meditation

Presented By Pasha Hogan

March 8-12, 2015

Leave the familiar behind and engage in a joyful journey of self-exploration, both on and off the yoga mat. Learn ancient and contemporary practices to reduce stress and restore balance, bringing more authenticity, joy and wonder into your world.

"For your soul senses the world that awaits you." ~ John O'Donohue

Sunday, March 8

5:45 pm, ORIENTATION DINNER

Monday, March 9

11:00 am -12:30 pm, Movement Studio, YOGA & MEDITATION FOR STRESS RELIEF & RELAXATION

Mediation practice is how we stop fighting with ourselves, how we stop struggling with circumstances, emotions or moods. We will demystify meditation - if you know how to breathe, you can meditate, even if you think you can't! You will learn breathing techniques and a variety of methods to help reduce stress, turning your yoga practice into a moving meditation.

5:30-7:00 pm, Movement Studio, MAKING PEACE WITH YOUR BODY

One of the keys to having a deep and passionate connection to life is feeling at peace with your body. You are invited to enter into a more loving, accepting and compassionate relationship with your body, heart and mind- all of it! Together, through asana practice and guided mediation, we will journey towards cultivating a gentler and kinder attitude towards ourselves, laying down the myths and beliefs that no longer serve us.

Tuesday, March 10

11:00 am -12:30 pm, Movement Studio, AWAKEN YOUR TRUE NATURE

Nature coaxes you deeper inwards, slows down your breathing and reflects the beauty of your own nature back to you. We will bring our practice outside, into the surrounding and magnificent landscape of the canyon. Experience how to connect to the beauty within, and outwardly shine as your unique self.

Open to Mii amo Guests. Advance sign up required. For further information contact Mii amo, extension 302

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Tuesday, March 10, Cont.

5:30-7:00 pm, Movement Studio, HAPPINESS AS A PRACTICE

The Declaration of Independence states we all have the right to "Life, liberty and the *pursuit* of happiness." We have to go after it! Experience how yoga and meditation can accompany you on your journey. Enjoy music and movement to uplift your energy and sense of self.

Wednesday, March 11

11:00 am -12:30 pm, Movement Studio, CREATING SACRED SPACE

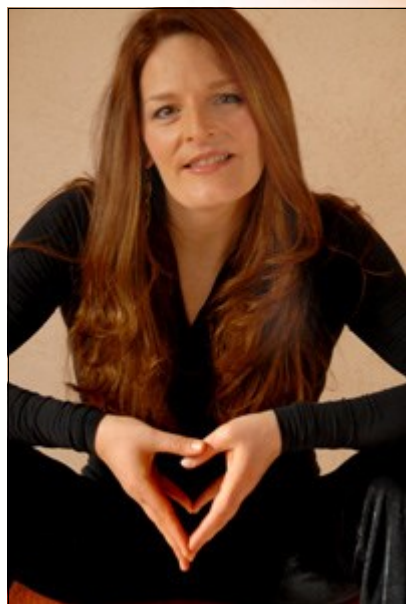
We will explore how to use yoga and meditation as tools to create and implement healthy boundaries, both internally and externally – on and off the mat.

5:30-7:00 pm, Movement Studio, CULTIVATING YOUR PERSONAL PRACTICE

You will be inspired and guided to develop a practice that suits your lifestyle and empowers you to become more of who you truly are! Learn the power of intention and bring experiences and sequences home to continue your journey toward your true self.

Thursday, March 12, DEPARTURE RITUAL

10:15-10:30 am, Crystal Grotto



Pasha Hogan is an international workshop and retreat leader, author, speaker and founder of Creative Discovery™, a program that activates the creative and healing processes for living a full and vibrant life. Drawing on and building from her expertise as psychotherapist, yoga teacher, Reiki Master, and three-time cancer thriver, Creative Discovery empowers participants to live beyond life challenges and grow into the unknown depths of their hearts and souls. Through her individual and group work, meditation CDs, yoga DVD, and writings, Pasha encourages people to stop believing everything they think they know about how life is supposed to go and instead start living from a place of wonder and curiosity, transforming fears into unknown possibilities.

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