

## Session Titles and Descriptions

**\*Sign up sheet for some events (in lodge)**

Active= ■

Restful= ●

### Friday

- **Opening Session: Pranakriya Gentle Stretch led by Angela Andiorio, musicians—**

**4:30-5:45pm—Lodge**

Let the majestic pines and sounds and smells of nature welcome you to camp! Join Angela for our kick-off class that sets the tone for our weekend together! This is a very popular class, so please arrive early to secure a spot. This hour and 15-minute class starts off with centering and breathwork, warm-ups to help get you into your body and out of your head and a gentle sequence of poses that are accessible to everyone. Finish off with a delightful relaxation. This is sure to be a blissful experience with the accompanying music of Eddie and Frank with a backdrop of the National Forest.

- **Drum Circle! Led by Frank Dowens—8:30-9:15pm—Lodge**

Come and have a relaxing, musical experience with Frank, a certified drum circle facilitator, who will guide you through a relaxing and artistic improvisational drumming. No experience required and drums are provided.

### Saturday

- **Wake-Up Yoga: Led by Fania De Lugo—6:30-7:30am—Coffee House**

Practice stillness by integrating mind and body awareness to leave the class feeling refreshed. This class begins by weaving a simple movement sequence to awaken the body. We'll use the breath to ease the mind into a guided meditation. Stand, sit, lie down—student's choice. Reawaken with your breath and gentle twists to expand your perspective of what an embodied practice feels like on and off the mat.

- **Exploring Spanda Workshop: Led by Kathy Bolte—9:00-10:45am—Coffee House**

I hope you'll join me for my workshop exploring "Spanda" - a Sanskrit word/concept that describes the natural expansion and contraction of the Universe, and everything in it - including you and me. In this workshop we'll explore the natural pulsation of expansion and contraction that moves through the universe and through you and me. We'll explore how 2025 may have asked us to contract or expand, and how 2026 might invite a different rhythm. You'll learn to sense what balance looks like for you - not as a fixed goal (a resolution), but as a living, responsive relationship.

Our learning intentions:

-We'll understand spanda as a living rhythm rather than a concept to "Get right."

-We'll reflect on where we've been expanded or contracted in

the past year.

- We'll begin to sense what kind of movement this year is asking for.
- We'll release the pressure of resolutions and self-criticism.
- We'll leave with a personal "orientation" rather than a limiting to-do list.

The workshop will conclude with a crystal sound bowl meditation to help integrate our new insights so that we can all step away from Yoga Camp feeling attuned, grounded, and open to change . . . leaving self-judgment behind.

## ■ **Plant Walk: Led by Dr. Rebecca Lyons—9:00-10:45am—Meet on Lodge Deck**

near stairs **\*sign up sheet in lodge so we know how many are attending**

### **Roots, Resin, and Radiance: A Sensory Journey into Mountain Medicine**

Step out of the classroom and into the living laboratory of the San Bernardino Mountains. Join Dr. Rebecca Lyons, PhD chemist, clinical herbalist, and mountain guide for an immersive plant walk designed to engage more than just your notebook.

The San Bernardinos are "chock-a-block" with potent medicinal species, and we're going to find

them using all five senses. We won't just identify plants; we will scrutinize their architecture, inhale the volatile oils of the pines, taste the bitterness of the high-altitude bitters, and feel the textures that define mountain flora. This is an invitation to slow down, look closer, and reconnect with the wild pharmacy right under our feet. Come prepared to explore, to wonder, and to see the forest through a scientific and sensory lens.

### **Plant Walk Packing List:**

The "Field Scientist" Packing List

Preparing for a sensory-first mountain adventure.

**Your Five Senses (Pre-calibrated):** We'll be tasting, touching, and smelling our way through the flora. Bring a curious palate and an inquisitive nose!

**Sturdy Trail Shoes:** Because even the most medicinal plant is hard to appreciate if you're worrying about a twisted ankle. Let's keep it "Wilderness EMT-approved."

**A "Macro" Mindset (and maybe a Hand Lens):** If you have a jeweler's loupe or a magnifying glass, bring it! We're going for "careful scrutiny" of those tiny botanical details.

**A Notebook That Can Handle the Wild:** For jotting down those "aha!" moments when the chemistry of a plant clicks with its physical form.

**Hydration (The Universal Solvent):** Bring plenty of water. It's hard to "taste the trail" if your whistle is bone-dry!

**Layers for Mountain Moods:** The San Bernardinos like to keep us guessing. A light jacket or windbreaker is a must.

**Sun Protection:** A hat and some SPF, because while we love the sun for photosynthesis, we prefer our skin un-toasted.

**An Open Heart (and an Empty Bag):** Note: We'll be "wild-crafting" memories and knowledge today, not necessarily the plants themselves. Let's leave the mountains as beautiful as we found them!

### **A Quick "Safety & Ethics" Note**

A Note from the Doc: As a chemist, I'm obsessed with efficacy; as a clinician, I'm obsessed with safety. We will be identifying many plants today, but please remember: Never taste a plant unless we have identified it together. We're here to learn the difference between a healing herb and a "not-so-healing" lookalike!

#### ■ **Pranakriya Yoga Part 1 (all levels): Led by Nathaniel Gabor—Lodge—11am-12:15pm**

A tantric yogi in the forest embodies a life of extreme renunciation, solitude, and intense meditation, acting as a "hermit" or Siddha to achieve inner realization. These practitioners often live in nature to master the elements, regulate bodily temperature in harsh conditions, and study the union of Shakti (energy) and Shiva (consciousness). Our Pranakriya Yoga Part I class will be an active and energetic exploration of these concepts, integrating movement, breath, and meditation.

#### ● **Healing Herbalism: Led by Dr. Rebecca Lyons—Lodge—2pm 3:25pm** **The Art of the Infusion: Crafting Your Personal Healing Brew \*Sign up 30 spaces available**

How do we bring the healing power of nature into our daily lives? At its heart, a cup of tea is an invitation to slow down and listen to what our bodies need. In this hands-on workshop, Dr. Rebecca Lyons guides you through the foundational principles of herbal formulation. We'll move beyond the "checklist" of benefits and focus on the synergy of the plant world. You'll choose your own path: Do you need the grounding weight of roots or the uplifting aromatic lift of flowers? You will learn how to balance the energetics of herbs—warming, cooling, relaxing, or stimulating—to create a blend that is as delicious as it is effective. Come discover how a simple infusion can be a profound act of self-care and a direct connection to the natural world. Leave with your own personal blend!

#### ■ **Pranakriya Yoga Class Part 2: Led by Nathaniel Gabor—Coffee House—3:30-4:45pm**

All Levels Meditative Postures Class. The forest represents the ultimate laboratory for transcending duality and ego. Shiva is considered the archetypal tantric yogi, living in the forest or mountains to represent perfect harmony and detachment. Our Pranakriya Yoga Part II class will be a deeply meditative exploration of these concepts, integrating movement, breath, and meditation.

#### ● **Ākāśavāni Kīrtan: Coffee House—8:00pm-?**

Join Kathy Bolte, Eddie Young, Nick Young, Kristina Cotran, Karen May and Frank Downen, aka Akashavani, for an hour of chanting our hearts open. Our chants are based on ancient Sanskrit mantras that are meant to guide us to a visceral understanding of our Oneness with The Divine and with one another. You might consider this your sacred sing-along.

## Sunday

- **Wake-Up Yoga: Led by Fania De Lugo—6:30-7:30am—Coffee House**

Practice stillness by integrating mind and body awareness to leave the class feeling refreshed. This class begins by weaving a simple movement sequence to awaken the body. We'll use the breath to ease the mind into a guided meditation. Stand, sit, lie down— student's choice. Reawaken with your breath and gentle twists to expand your perspective of what an embodied practice feels like on and off the mat.

### Group Photo—8:45 am—Meet on Lodge Stairs to Determine Location

- **Art Inspired by Nature: Led by Lauren Wooster—Lodge—9:00-10:30am \*Sign up sheet: 30 spaces available**

Join this art class to create a collage to remind yourself of the healing power of nature. Part reflection, part creation! Lauren will help you embrace process over perfection, curiosity over critique, and explore how creativity, like nature, is a powerful tool for growth. All materials are provided - just bring your creativity and any thoughts or items you want to memorialize from your weekend. Each participant will leave with a framed creation!

- **Pranakriya Yoga-The Healing Power of Nature: Led by Angela Andiorio—Lodge—10:45-11:45am**

If you missed the opening class, make sure you plan time to check out our closing class that bookends our experience together. By this point in the weekend, you have made many connections and spent ample time immersed in the healing power and many gifts of nature. This one-hour practice will help to close our time together while remaining open to receiving all the benefits of this healing weekend. Set your intentions about how you can stay in tune with your own natural rhythms when you return to life after this retreat. This Yoga class will have centering, breathwork, gentle movement for all levels and end with a rejuvenating relaxation.

### **Final Integration—Angela and Nathan—Lodge—11:45am-12:00pm**

**Additional opportunities for making art, playing games and hanging out will be available! At dinner on Friday is a great time to start planning**