



Yoga Community Gathering at

Triple Crane Retreat Center

SCHEDULE

Friday August 18th - 20th, 2023

FRIDAY AFTERNOON & EVENING

<u>Time</u>	<u>Event</u>	<u>Presenter</u>	<u>Description</u>
4:15 - 4:30	Welcome & Intention Setting	Triple Crane Staff	Join us for this short hello before launching into a weekend of practice, and community.
4:30 - 6:00	Sivananda Yoga	Susan Whitmarsh	A traditional Hatha practice that encourages proper breathing to enhance the flow of prana, building flexibility, strength and vitality in the body whilst simultaneously calming the mind. This 90 minute class concludes with a full-body relaxation and Metta Meditation. Pose variations offered making this practice suitable for all levels
6:15 - 7:15	Dinner	Triple Crane Community	Yum Yum
7:30 - 9:00	Kirtan & Bhakti Yoga	Rev. Trevor Chaitanya Eller	Mantra Yoga and You! This session will help you learn more about Bhakti and Mantra Yoga. Join Trevor and friends as he introduces mantras that will be used in the morning session. Call and response kirtan will also be part of this community singing event.
9:15 - 10:15	Yoga Nidra	Susan Whitmarsh	An ancient healing art, Yoga Nidra is a fully conscious state of profound relaxation that brings total rest to mind and body, stimulating the body's innate ability to heal itself. The perfect antidote to our busy lives, and a powerful support to an optimally functioning immune system, Yoga Nidra provides a total reset for your nervous system - a rinse cycle as it were - resulting in, at the very minimum, a really good night's sleep! Suitable for everyone.

SATURDAY

<u>Time</u>	<u>Event</u>	<u>Presenter</u>	<u>Description</u>
7:15 - 8:30	Gong Fa, Asana Chanting, Pranayama & Meditation	Rev. Trevor Chaitanya Eller	Start your morning with simple movement practices breath work and chanting. This session will give you a firm foundation to start your day as we explore the simple yet profound aspects of full system yoga taught at Triple Crane including postures, breath work and chanting.
7:45 - 9:15	Light breakfast	Triple Crane Community & Volunteers	Yum Yum
9:00 - 10:00	Devotional Singing in the Heartland	TatiAnah Thunberg & Beth Patterson	Join us for a heart opening exploration of bringing our voices together in harmony.
10:15 - 11:15	QiGong	Matu Stiofan	Combining gentle stretching with meditation & breathwork this comprehensive system will have you making medicine within.
11:30 - 12:30	Chakra Attunement Yoga Sadhana & Crystal Bowl	Shannon Smith	Enjoy a meditative journey through your chakras, utilizing asana, pranayama, affirmations & mantras.
12:30 - 1:30	LUNCH	Triple Crane Community & Volunteers	YUM YUM
1:45 - 2:45	Bhakti: The Yoga of Emotion	Deva Madhava Das	Learn how to embrace your emotions as the driving force towards your relationship with Divinity.
3:00 - 4:00	Gong Fa Yoga & Meditation	Master Hai (Winnie)	Gong Fa is a form of Chinese exercises that cultivate inner strength. This class will mix yoga postures and Gong Fa to prepare the body for deep meditation.

<u>Time</u>	<u>Event</u>	<u>Presenter</u>	<u>Description</u>
4:30 - 5:30	Everyday Life is the Way of Awakening	Haju Sunim Senior Priest of the Ann Arbor Zen Temple	With dharma talk and story telling participants will learn embodied breath meditation practice: with sitting, walking, standing, lying down and hand work.
5:45 - 6:45	Dinner	Triple Crane Community & Volunteers	Yum Yum
7:00 - 8:45	Community Kirtan	Local Kirtan Community	Call and response Yogic chanting
9:15 - 10:45	Planetary gong meditation	Valerie Weir and Dale Prentiss	Experience the universal power of 8 planetary gongs.

SUNDAY MORNING

<u>Time</u>	<u>Event</u>	<u>Presenter</u>	<u>Description</u>
7:15 - 8:30	Gong Fa, Asana Chanting, Pranayama & Meditation	Trevor Chaitanya Eller	Start your morning with simple movement practices breath work and chanting. This session will give you a firm foundation to start your day as we explore the simple yet profound aspects of full system yoga taught at Triple Crane including postures, breath work and chanting.
7:45 - 8:45	Light breakfast		CHAN HALL
9:00 - 10:00	Kirtan Dance	Madhavi Mai	Singing, then Dancing to a Sacred Kirtan
10:15 - 11:15	Connection Yoga Flow	Kallie England	Deepen your connections with nature, Spirit, community, and yourself. This all-levels yoga flow will explore a variety of ways we can cultivate connection through asana, pranayama, and more.
11:30- 12:30	Kirtan & Closing Ceremony	Triple Crane Staff and Friends	Join the community to wrap up the weekend with intention and connection.
12:30 - 1:30	LUNCH	Triple Crane Community & Volunteers	YUM YUM