

Harvest Moon Inner Revolution | full day yoga retreat

Step into a day of transcendence and renewal during our "Harvest Moon Inner Revolution – an extraordinary October 2023 Full Moon event nestled within the enchanting embrace of nature. Set in an authentic Mongolian yurt by a serene creek in the heart of the forest, this one-of-a-kind experience promises a day of holistic healing and connection.

As the golden rays of the morning sun filter through the trees, embark on a yoga journey that awakens your senses and centers your spirit. Under the expert guidance of our instructors, each pose becomes a gateway to mindfulness and self-awareness, setting the stage for a day of profound transformation.

Transition seamlessly into a guided meditation and shadow work session, using the powerful energy of the Full Moon to delve deep into your psyche. Uncover hidden truths, release what no longer serves you, and embrace the illuminating potential of this sacred lunar phase.

Savor a delectable, consciously prepared lunch, catered by a local small business. As you nourish yourself amidst the rustling leaves and gentle creek, absorb the tranquil energy of the forest. she.

Following lunch, embark on a soul-nourishing forest bathing experience, allowing the ancient wisdom of the trees and the soothing cadence of the creek to cleanse and renew your spirit. Feel your senses come alive as you immerse yourself in the rhythm of nature.

As the sun begins to dip below the horizon, find respite in a restorative yoga session infused with the healing touch of Reiki. Supported postures guide you into deep relaxation, allowing your body's energy to flow freely and facilitating profound inner healing.

Next, within the sacred space of the Mongolian yurt, experience a transformative sound bathing session. The resonant tones of healing instruments and ethereal vibrations create a harmonious symphony that washes away stress and aligns your energy centers.

Throughout the day, capture your thoughts and revelations in a journal, documenting your journey of self-discovery and growth.

Join us for an extraordinary October 2023 Full Moon event, as we weave the cosmic energies of the lunar phase with the healing power of nature. "Harvest Moon Inner Revolution Retreat" beckons – an immersive sanctuary where you can realign with your true essence and bask in the luminous glow of the full moon amidst the tranquility of the forest.