



## Immersion Retreat Registration Packet

New Day Yoga's Immersion Retreats are designed for all levels of yoga students who are comfortable learning about yoga practices such as chakra study (the study of the energy centers in the body), mudras (hand gestures), asana (postures), pranayama (breathing techniques), chanting (singing), and meditation (contemplative prayer). The focal point of each retreat is one of the seven major energy centers in the body. We will explore God's purpose for that particular aspect of our emotional and energetic being. The yoga postures, breathing techniques, chanting, mudras, and meditations that we practice will enhance your experience and understanding of the particular chakra highlighted by the retreat. Whole-hearted participation in an Immersion Retreat is an open door to God-awareness, growth and self-discovery.

**Immersion Retreat Dates:** The Immersion Retreats can be taken in any order. Each one stands alone and is a complete and individual adventure separate from the others, taking the participant into a deeper relationship with Jesus as well as into a deeper understanding of oneself.

### **2017**

#### **May 8-13, 2017 - Chakra 4 Immersion: Healing Heart.**

Backbends and Twists. Love Who You Are. Hygge and Hospitality of the Heart. The Breath and Prayer.

#### **August 21-26, 2017 - Chakra 5 Immersion: Valuing Voice.**

Arm Balances and Inversions. The Power of Words. Truth. Declaration and Confession as Prayer.

#### **November 27 – December 2, 2017 - Chakras 6 & 7 Immersion: Mastering Mind.**

Restorative Asana. Sabbath Rest. Visualizing God's Promises for You. Meditation as Prayer.

**2018****March 19 – 24, 2018 - Chakra 1 Immersion: Fostering Foundations.**

Standing Poses and Vinyasa Flow. The Gift in You. How We Think. Faith Works. Walking as Prayer.

**July 30 – Aug. 4, 2018 - Chakra 2 Immersion: Establishing Emotions.**

Hip Openers and Forward Bends. Family Ties. The Emotional Brain. Play as Prayer.

**Nov. 26 – Dec. 1, 2018 - Chakra 3 Immersion: Progressing Purpose.**

Core Awareness and Activation. Befriending the Psoas Muscle. The Enteric Brain. Planning as Prayer.

**The first day of each retreat begins at 3:00pm and ends the last day at 2:00pm.** Although each week offers 45 hours of planned classes, prayer and worship sessions, workshops, yoga sessions, group discussions and more, you always have the choice to opt out of the planned activities to simply rest or seek God on your own.

**Daily Schedule: All events are optional. Come to as many or as few as you desire.**

<u>AM</u>	<u>PM</u>
6:15	12:30
Morning Yoga Practice or Prayer with the Benedictine Sisters	Lunch
7:45	2:00
Silent Breakfast	Chakra/Sutras/ Ayurveda Workshop
8:15	4:00
Free Time	Afternoon Yoga Practice
9:00	5:50
Mind/Body Workshop	Vespers/Dinner
	6:30
	Free Time
	8:00
	Worship & Devotion

**Location/Lodging/Food:** The location for the retreats is the **Benedictine Sisters Retreat Center, 916 Convent Road, NE, Cullman, AL 35055.** It is two hours north of Birmingham and three hours west of Atlanta. Our group will be staying in Saint Joseph's Guest House. Each participant will have a private bedroom and bath. Each cozy room has a closet, a dresser, a desk chair, desk, lamp, and a rocker, the perfect setup for self-study and reflection, and resting in between sessions. The Guesthouse offers a limited kitchen with a refrigerator and

coffee pot (no stove or oven), a spacious common room, and a front porch overlooking a tranquil view of the woodlands.

All meals are provided by the Retreat Center and are served in a separate dining area. Most special dietary needs can be accommodated. For personal food items refrigeration and storage are available.

**For Directions to Benedictine Sisters Retreat Center, please call 256.734.8302 or go to [www.shmon.org](http://www.shmon.org) or email [retreats@shmon.org](mailto:retreats@shmon.org).**

**Suggested Texts:** To complement your time on retreat, you may want to bring the following two texts with you. Both will be used in discussions during the week.

- *Holy Bible* (any translation)
- *The Heart of Yoga* by T.K.V. Desikachar (Includes the text of the Yoga Sutras)

**Cost:** The cost of **each** Immersion Retreat is \$1005. This fee includes 45 hours of planned activities, a manual, lodging for 6 days/5 nights, and all meals. Because space is limited to 12 participants, please, do not hesitate to reserve your place at the Immersion Retreat. A **non-refundable** \$350 deposit is required to hold your space. **Cash and personal checks** are accepted for payment. The remaining balance of \$655 is due two weeks before the Immersion Retreat begins.



5. What is your previous experience with different yoga styles?
  
6. Are you currently practicing yoga with a teacher? If so, where and how often? What type of yoga is it?
  
7. Describe your current state of health. Do you have any injuries or limitations that would affect your participation to any significant degree?
  
8. Are you a Christian? If so, how long have you been a Christian?
  
9. Do you attend church regularly? If so, which one?
  
10. Are you a smoker? If so, are you willing to refrain from smoking during the Immersion Retreat?
  
11. Please list any dietary needs or restrictions that you have.



## New Day Yoga, Inc. Participation Agreement

I, (name:) \_\_\_\_\_, am familiar with the yoga instruction, programs and activities of New Day Yoga, Inc., and the facilities and equipment provided by New Day Yoga, Inc. at the Benedictine Sisters Retreat Center in Cullman, AL. I am physically able to participate in those programs and activities, and use the facilities and equipment provided by New Day Yoga, Inc. I have noted below any medical history, conditions, diseases, or other limitations which might affect or restrict my participation in yoga instruction. I also authorize New Day Yoga, Inc. to render first aid to me in any medical emergency which may arise during any yoga instruction, program or activities.

In consideration of the instruction, programs, activities, facilities, and equipment to be provided to me, I agree that all yoga instruction, programs, and activities will be undertaken at my own risk, and I release New Day Yoga, Inc. and the Benedictine Sisters Retreat Center from liability for any injuries, claims or damages.

**SIGNED (Participant):** \_\_\_\_\_ **Date** \_\_\_\_\_

**PRINTED NAME:** \_\_\_\_\_

I have listed below any MEDICAL HISTORY, CONDITIONS, DISEASES OR LIMITATIONS WHICH MIGHT AFFECT OR RESTRICT MY PARTICIPATION IN YOGA INSTRUCTION, PROGRAMS OR ACTIVITIES.