

APR 
16TH - 18TH



SPRING INTO YOU

Online Yoga & Wellness Retreat



Rejuvenate

Rejuvenate your body
mind and heart.



Revitalize

Revitalize your entire
being from head to toe.



Thrive

Thrive again +
Spring Into You.

Join us from the comfort of your own home.

Classes will be held live on Zoom.
All levels are welcome.
Choose your price.

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MEET THE TEAM



Founder of the Columbus School of Yoga, **Colleen O'Brien McFall** is known for her passionate instruction that immediately instills a sense of calm within her students while inspiring compassion, self-acceptance, and empowerment. Her genuine and caring approach to gentle styles, including Yin and Restorative yoga offer a safe and sacred space for inward reflection, cultivating a deep state of relaxation and peacefulness from within.



Founder and lead facilitator of Integrated Transformation School Of Yoga, **Maggie Thomas** believes in healing via functional movement patterns and optimal body alignment. With over a decade of teaching experience in multiple movement education industries including Pilates, Personal Training, MELT, Yoga (and more), Maggie fluidly sparks inquiry, expansion, and a safe sense of guidance for her students.



Creator of The Golden Mind Project, **Valerie Ugrinow** is an expert at creating multi-dimensional experiences, which includes holding space for her students, allowing them to connect with their own personal power on and off of the mat. Passionate about sharing the tools to *live yoga*, Valerie spends much of her time working with students and teachers alike offering her wisdom + experience to live life more skillfully and engaged.



Rebekka Mars brings a contemporary twist to the ancient practices of yoga and meditation. Her eclectic approach pulls from a dance of many styles of Yoga; and her Modern Meditation™ style reminds us all that we were born built to meditate, letting these practices easily flow into modern living. She believes that when the mind, body, and soul *work*, then life works.

(Click on a facilitator for more information.)

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YOUR RETREAT SCHEDULE



FRIDAY



9:00AM - 10:30AM EST
REVITALIZE
MORNING YOGA CLASS



1:30PM - 2:30PM EST
THRIVE
YOGA + WELLNESS
WORKSHOP



7:00PM - 9:00PM EST
REJUVENATE
EVENING YOGA CLASS
OPENING CEREMONY



7:00PM - 9:00PM EST
REJUVENATE
EVENING YOGA CLASS



4:00PM - 5:30PM EST
REVITALIZE
EVENING YOGA CLASS
CLOSING CEREMONY

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