

EXPANDING BEYOND THE KNOWN: A YOGA & NATURE IMMERSION

Immerse in Your Practice on 160 Acres of Beauty and Nature

With Melody Roberts, E-RYT 500



I'm so excited to invite you to join me for a yoga weekend and nature immersion experience at the beautiful R Wildflower Farm & Fields in Anchor, IL! As some of you may know, I've been very drawn to the ideas of expansion lately and mindfully moving beyond my comfort zone in ways that encourage healthy growth. Thus, expanding beyond the known feels like a perfect theme for us to explore during our time together. There will be sunrise and sunset yoga sessions, exploring this theme through yoga asana, pranayama, and meditation. Plenty of dialogue and conversation on the spiritual theme of expansion, afternoon mindfulness practices including guided pranayama, seated meditation, labyrinth walking meditation, and nature walks as you choose. We will then come together in the evenings around the campfire to cook, eat and enjoy each other's company. There also may be an impromptu kirtan (sacred music sing along, call and response style) chanting, drum circle, hula hooping, etc., leaving enough time for moon and star gazing before retiring.

This is a (BYO) Bring Your Own everything, including your tent and coolers for your own food and drinks.

Notes: No indoor facilities. There will be a hand washing station, hand sanitizer and porta-potty. BYO everything including tent and camp items, sunblock, bug repellent, blanket/pillow/yoga mat, food and drinks. There's access to a fire pit to cook. Some fruit, breakfast bars, coffee and tea will be provided in the morning. Extra cold packs will be available for swapping out, so please mark yours with your name. Please respect personal spaces, social distancing and bring face covering in case you are within 6 feet of others.

\$180 Early Bird Investment \$200 after September 18th *Qualifies for CE Contact Hours with Yoga Alliance

Friday, September 24th, 2021 ~ 3:00-6pm Arrival
Sunday, September 26th, 2021 ~ 1:00~3:30pm Departure

Melody Roberts, BA, CPS, CYT, E-RYT 500, Owner, Director, and Founder of Sacred Path Yoga and Sacred Path Yoga Teacher Training Academy, studied directly under Acclaimed Author, Renowned Yoga Teacher, and Program Director, Rolf Gates. Melody's mission is to share the ancient healing practice of yoga with her community. She strives to reveal, express, and cultivate the Personal Power of each individual student, while simultaneously facilitating a deeper connection with Universal Love. Over the years, Melody has enjoyed teaching at various studios in the Chicagoland area, and has studied with many master teachers at every available opportunity. She is deeply grateful for all the teachers and students who continue to inspire her to stay and grow on this path.



Immersion held at R Wildflower Farm & Fields

40760 E 1500 North Road, Anchor IL 61770 (GPS is usually inaccurate, please follow detailed directions.)

To register please log onto www.sacredpathyoga.com & click "Enrollments" tab.

For more information, email info@sacredpathyoga.com.

Please note all workshops, trainings, immersions and special events are nonrefundable and nontransferable.