

Star Island Yoga Retreat Draft until it actually happens!

September 13-16, 2018

Optional extra night to depart September 17

Why Go Anywhere Else?

Ferry departs Portsmouth at 11:25 pm - please note new time! Luggage must be at dock before 10:45 am.

Time	Title	Style?	Leader	Description	Where
Thursday					
Arrive 12:30	Lunch!			Head directly into the dining hall and find the tables set up for Yoga.	Dining Hall
Directly after lunch	Fire and Water		Island Staff	Mandatory for all conferees - go directly to Elliot from lunch for this talk. Elliot is right next to the dining hall.	Elliot
2:30-3:30	Island History Tour		Island Staff - Devin	Would you like to have a tour of the island, to orient yourself and to learn a bit about the history and special features of this amazing place? Meet at the Well House on the Front Lawn and join the tour!	Well House
2-4	Free time			You could settle into your room, join the Island Tour, swim or take out a boat (see the front desk staff about boats), enjoy a rocking chair on the Front Porch, or explore Star on your own.	
4-5:30	Orientation and Introduction Yoga Class	Everything	Everyone Led by Teachers	For everyone! Names, teacher introductions and previews. We will have a fun yoga class during which each teacher will teach something! Hopefully there will be a musical preview as well. You'll have an idea of what's coming up for the retreat by the end of this - don't miss it!	Brookfield
5:30-6.30	Social hour		Charlene	Join us in the Pink Parlor for a drink and a chat before we go in to dinner. Bring along a drink of your own, or simply come and meet. No pressure!	Pink Parlor
6.30-7.30	Dinner				
7.30-8:15	Chapel by candlelight		Everyone Led by Teachers	Setting the theme: Why Go Anywhere Else? Brief readings or poems from teachers and conferees - please bring along a poem or brief reading, or song, if you feel inspired by the theme and want to share.	Chapel - Gather on Oceanic Front Porch for a lantern
8:30-10 ish	Bonfire and concert with singalong		Chris Scanlon	Chris Scanlon is a rocking yogi with his roots in New Jersey and his head way up in the sky. He'll play an acoustic set, bringing his own original tunes and mixing in ones we all know so we can join in the singing. No pressure, but join in if you so desire and share your inner voice!	Rocks or Marshman
Friday					
6:00-6:40	Sunrise on the Rocks	Meditation	Tristan	Please join us on East Rock if you'd like to enjoy the sun rising in company, or find your own spot on the rocks to sit in silent meditation. We may chant, we may laugh, and we will soak in the new day dawning.	East Rock
6:40-6:55	Chanting to Start the Day - a Sea of Oms	Chanting	Tristan	Meeting in the chapel, we will greet the day with a 15 minute simple, quiet chant of repeated Om. Join in at any time. We will finish in time for Early Morning Yoga.	Chapel
7-7.45	Early morning - Gentle Hatha Flow	Flow	Darcy	Start your day off right with some gentle stretching and movement. Each class will include a brief centering exercise to help clear your mind. Class will focus on gentle poses for all areas of the body and is open to all levels.	Marshman
8-9	Breakfast				
9-9.30	Morning Meeting			Highlights of today's events, housekeeping, and each teacher does a 2 minute intro of class that day. Everyone should come to get oriented for the day.	Marshman

Time	Title	Style?	Leader	Description	Where
9:30-11	Morning Workshop - RITUAL: SACRED SPACES, ALTARS & SELF CARE	Workshop	Carrie	Discover the magical side of yoga. Carrie brings her twenty years of experience in spiritual and healing practices and will discuss in plain-speak what is the sometimes the bizarre and mystical side of yoga. This workshop will deepen your comfort level around creating sacred space, enhance your power of manifestation, and enrich your knowledge around the beauty of self-care. Please note there will be scent in the form of incense and/or essential oil in this workshop. Feel free to bring a sacred object (photograph, statue, memento) to use as a point of focus and meditation.	Marshman
11-12:30	Morning Workshop - Returning to the Center	Iyengar	Tristan	This first morning on Star we ask where are we? In this practice we begin with the earth, feeling our roots and the ground of support. Then we rise upwards with awareness of our elemental natures, using asanas (yoga poses), mudras (hand gestures), and breath to observe where we are in our bodies and our lives this morning. As we work, we become more and more aware of the center: the center line of the spine, the center of our being. This Iyengar practice is suitable for everyone, whether or not you have experience in the Iyengar method.	Marshman
12.30-1.30	Lunch				
2-3	Mindfulness Meditation - Cultivating Moment to Moment Awareness	Meditation	Theresa	Come and learn to let go of the distractions that continually tug at your mind. We'll explore a variety of mindfulness practices that cultivate the ability to observe thoughts, feelings, and physical sensations without becoming entangled in them. No prior experience is needed.	Marshman
3:30-4:30	Afternoon Classes - 1A - Slow Flow	Flow	Michael	Michael teaches a slow power vinyasa, pausing in each pose to dive into alignment and actions. He promises to challenge and educate as you enjoy the slow flow!	Marshman
3:30-4:30	Afternoon Classes - 1B - Essential Oil and Aroma Flow Yoga	Oils and Flow	Charlene	Essential Yoga Learn the basics of pure therapeutic grade essential oils and how to safely utilize them in your yoga practice. We will use them in a sequence to become more alert, receptive, centered, uplifted, and present.	Summerhouse (need a weather backup - Kiddie Barn?)
4:45-5:45	Afternoon Classes - 2A - Earth Mandalas	Art and Meditation	Carrie	In this art project + moving meditation workshop we will create a visual metaphor of what is sacred to us. Together we will explore the beautiful relationship that nature has to the cardinal elements of earth (prithvi), water (jala), fire (agni), and air (vayu) and how they relate to our bodies. This workshop will take place outdoors so please dress appropriately and bring a small bag to gather your findings.	Marshman
4:45-5:45	Afternoon Classes - 2B - Meridian Chakra Flow	Flow	Julia	Our energetic bodies can glow brightly. This flowing class has focus on breath, meridians, chakras, presence, our foundations, and lightening up! For students to take these principles off the mat and into our lives is the mission behind the mat practice, but also to leave class with a body buzz! It is up to us to access out joy and thereby effortlessly uplift others. Why not have a little fun in the process?!	Summerhouse (need a weather backup - Kiddie Barn?)
5:45-6:30	Social "Hour"		Charlene hosting	Join us outside Marshman for a social forty-five minutes before dinner! Bring drinks and snacks, or simply bring your presence. Please set up for this evening now, before dinner, in Marshman, with a blanket and your mat.	Marshman
6.30-7.30	Dinner				

Time	Title	Style?	Leader	Description	Where
7:45-9:30	Thai Partner Massage and Yoga Nidra	Massage and Meditation	Carrie, Tristan, and Chris	<p>This evening will be soothing to the spirit and restful for the body and senses. In a fluid ballet of relaxation, we will move from Thai Partner Massage to Yoga Nidra. Working with a partner (don't worry - come on your own and be matched up with someone!), you will enjoy the benefits of both giving and receiving Thai Bodywork under Carrie's expert guidance. Then we will enjoy Chris's live music as we settle into our mats, and listen as Tristan leads us in a Yoga Nidra practice by the firelight in Marshman. Ahhhh.</p> <p>Yoga Nidra is a fabulous guided meditation practice that allows the body, mind and spirit to rest completely. Tristan is a certified Divine Sleep Yoga Nidra teacher, and has prepared a special Star Island Yoga Nidra. Please bring a blanket and warm clothes, since we all cool down as we become still.</p>	Marshman
Saturday					
6:00-6:40	Sunrise on the Rocks	Meditation	Tristan	Please join us on East Rock if you'd like to enjoy the sun rising in company, or find your own spot on the rocks to sit in silent meditation. We may chant, we may laugh, and we will soak in the new day dawning.	East Rock
6:40-6:55	Chanting to Start the Day - a Sea of Oms	Chanting	Tristan	Meeting in the chapel, we will greet the day with a 15 minute simple, quiet chant of repeated Om. Join in at any time. We will finish in time for Early Morning Yoga.	Chapel
7-7:45	Early morning - Gentle Hatha Flow	Flow	Darcy	Start your day off right with some gentle stretching and movement. Each class will include a brief centering exercise to help clear your mind. Class will focus on gentle poses for all areas of the body and is open to all levels.	Marshman
8-9	Breakfast				
9-9:30	Morning Meeting			Highlights of today's events, housekeeping, and each teacher does a 2 minute intro of class that day. Everyone should come to get oriented for the day.	Marshman
9:45-11	Morning Yoga - 1A	Kundalini	Julia	The ancient technology of Kundalini Yoga gives us the awareness and the fortitude to make this a smooth transition during these wild times of the Aquarian age.... and with a scientific approach and practice- building fortitude, grit, and finding our bliss! Class includes: A Kriya (an exercise set for elevation), hearty savasana, and meditation to follow (likely chanting). Empty your cup and allow the combination bring you into a deep state of peace.	Marshman
9:45-10:45	Morning Yoga - 1B - 360° of Namaskaras	Vinyasa	Charlene	Surya Namaskara & Chandra Namaskara Awaken with the Sun and Soothe with the Moon. Create equilibrium in your practice and life, as we observe the power of opposites. You will work your way around your mat and then return to home with a peaceful Radha Bhakti salutation for devotion.	Need a space - outside, summerhouse? Or indoor: Kiddie Barn?
11-12:30	Morning Workshop - Elemental Restorative Yoga	Restorative	Tristan and Chris	Restorative yoga is one of the best things in life. We will use pillows, blankets, blocks, straps, and anything else we can find to create poses that positively welcome a state of deep rest. Today's workshop will focus on the elements, bringing them into the practice through poses, mudras (hand gestures), guided imagery, and more. Chris will play us soothing live music. Plan to float into lunch afterwards!	Marshman
12:30-1:30	Lunch				

Time	Title	Style?	Leader	Description	Where
2-3	Mindfulness Meditation - Cultivating Moment to Moment Awareness	Meditation	Theresa	Come and learn to let go of the distractions that continually tug at your mind. We'll explore a variety of mindfulness practices that cultivate the ability to observe thoughts, feelings, and physical sensations without becoming entangled in them. No prior experience is needed.	Marshman
3:30-4:30	Afternoon Classes - 1B - Slow Flow	Slow Flow	Michael	Michael teaches a slow power vinyasa, pausing in each pose to dive into alignment and actions. He promises to challenge and educate as you enjoy the slow flow!	Kiddie Barn?
3:30-4:30	Afternoon Classes - 1B - Reiki Healing Circle	Energy work	Anjali Rose	Participants will be part of a healing circle bringing into the circle intentions of personal growth, love, release, and healing. They will receive hands on Reiki healing, spirit cards (tarot cards), and an opportunity to share their story. With this type of healing modality the energy of the circle embraces and the collective conscious and divine feminine energy supports each person in their healing process. The earth elements of water, air, fire (breath work), and earth add a healing aspect to guide each person on their path.	Marshman
4:45-5:45	Afternoon Classes - 2A - Rasamaya Sun Salute Series	Vinyasa	Carrie	The Rasamaya Sun Salute series uses the five cardinal elements of earth, water, fire, air, and space to balance all of the chakras (energy centers) and provide a fabulous full body stretch. Each salute is creatively designed to include all the key categories of yoga asana: forward bends, balancing postures, hip openers, twists, and backbends, and inversions. The rasa or feeling of joy (hasya rasa) will serve as our theme for this class. Expect to be gently challenged but invited to modify as needed.	Marshman
4:45-5:45	Afternoon Classes - 2B - Yoga Basics - Body, Mind and Breath	Slow	Theresa	The word yoga means union; the union of body, mind and spirit. In the words of BKS Iyengar, "One must not do asana (yoga postures) merely as a physical exercise but as a means to understand and then integrate our body with our breath, with our mind, with our intelligence, with our consciousness, with our conscience, and with our core." Come and learn to unite body, mind and breath in standing postures, forward bends and twists.	Kiddie Barn?
5:45-6:30	Social "Hour"		Charlene hosting	Join us in Marshman for a social 45 minutes before dinner! Bring drinks and snacks, or simply bring your presence. Have any burning yoga topics you'd like to discuss? Yoga philosophy? Chanting? Anatomy? Alignment? Feel free to bring them along too!	Marshman
6.30-7.30	Dinner				
7:20-7:50	Chapel by candlelight			Tonight we will open the chapel experience up to anyone who would like to share their thoughts, a poem, a reading, a song... something that the experience on the island has brought to your attention, to the surface, to the light.	Meet on Oceanic porch to receive a lantern
8-9 ish	Taking It Home and Letting It Go		Everyone Led by Carrie, Tristan and Theresa	A group ritual of taking in and letting go, and creation of a small memory bottle to bring home for your altar or practice space. We will enjoy a nighttime stargazing meditation, making a group mandala to celebrate our time together and acknowledge impermanence, and a powerful ritual of release, which we lovingly call the "Chuck and Splash."	The field outside Marshman or Marshman

Time	Title	Style?	Leader	Description	Where
The Auction Closes Tonight!					
Sunday					
6:00-6:40	Sunrise on the Rocks	Meditation	Tristan	Please join us on East Rock if you'd like to enjoy the sun rising in company, or find your own spot on the rocks to sit in silent meditation. We may chant, we may laugh, and we will soak in the new day dawning.	East Rock
6:40-6:55	Chanting to Start the Day - a Sea of Oms	Chanting	Tristan	Meeting in the chapel, we will greet the day with a 15 minute simple, quiet chant of repeated Om. Join in at any time. We will finish in time for Early Morning Yoga.	Chapel
7-7.45	Early morning - Gentle Hatha Flow	Flow	Darcy	Start your day off right with some gentle stretching and movement. Each class will include a brief centering exercise to help clear your mind. Class will focus on gentle poses for all areas of the body and is open to all levels.	Marshman
8-9	Breakfast				
9-9.30	Morning Meeting			Highlights of today's events, housekeeping, and each teacher does a 2 minute intro of class that day. Everyone should come to get oriented for the day. Come ready for our official group photo of the year!	Marshman
9.45-11	Session 1A – Bliss Yoga	Restorative	Anjali	This offering combines the relaxation of restorative yoga asanas, aromatherapy essential oils chosen specifically to center and align the chakras, as well as reiki and sound healing, with quartz crystal bowls. It is a delight for the senses and an experiential yoga class. The bliss factor will continue to grace your time on the island. With the wind, the sand, the sun and the mysticism of the island, what's not to love about being serenaded and releasing into the blessings of Mother Earth.	Kiddie Barn?
9:45-10:45	Session 1B- Iyengar Inversiona	Iyengar	Tristan	Whether you are new to inversions or looking to deepen your practice, this class will help bring clarity to headstand and elbow balance (sirsasana and pinca mayurasana) by examining their details and offering new methods of practicing. If we have time, we will also work on handstand (adho mukha vrksasana) and shoulderstand (salamba sarvangasana).	Marshman
9:45-10:45	Session 1C- Partner Yoga	Partner	Charlene and Julia	Join Charlene and Julia for this wonderful experience in communication while practicing familiar asana and pranayama! They will guide you into a breathing technique to get you in sync with your 'partner' and begin the awareness. You will be guided through communication in order to perform the asana sequence together. We invite laughter and forgiveness as we work on human contact and communication. We will pair you up if you don't have a partner to practice with. We highly recommend considering working with someone new for a challenge. A silent meditation will be offered as the practice is completed.	Summerhouse? Need indoor option as well
11-12:15	Closing Class - The Team Teaches		All teachers	Let's all join in one class to revel in our time together, follow each teacher's unique voice and teaching in turn, and water the seeds we have planted this weekend. Why go anywhere else? We will also have surveys here to be completed and returned at lunch.	Marshman
12.30-1.30	Lunch			Please give Tristan, Carrie, or Theresa your completed survey!	
depart Star Island at 2:15	boat to Portsmouth			arrive Portsmouth about 3:15pm	

Time	Title	Style?	Leader	Description	Where
3-4	Rasamaya Sun Salute Series	Vinyasa	Carrie	The Rasamaya Sun Salute series uses the five cardinal elements of earth, water, fire, air, and space to balance all of the chakras (energy centers) and provide a fabulous full body stretch. Each salute is creatively designed to include all the key categories of yoga asana: forward bends, balancing postures, hip openers, twists, and backbends, and inversions. The rasa or feeling of joy (hasya rasa) will serve as our theme for this class. Expect to be gently challenged but invited to modify as needed.	Brookfield
4-6:30	Optional Barbecue dinner and Regatta awards				
depart Star Island at 6:45	boat to Portsmouth after Gosport Regatta			Make sure you have signed up at the Front Desk. Space may be limited! Arrive in Portsmouth about 8 pm.	
7:30-9	Thai Partner Massage and Yoga Nidra	Massage and Meditation	Carrie, Tristan	This evening will be soothing to the spirit and restful for the body and senses. In a fluid ballet of relaxation, we will move from Thai Partner Massage to Yoga Nidra. Working with a partner (don't worry - come on your own and be matched up with someone!), you will enjoy the benefits of both giving and receiving Thai Bodywork under Carrie's expert guidance. Then we will settle into our mats, and listen as Tristan leads us in a Yoga Nidra practice by the firelight in Marshman. Ahhhh. Yoga Nidra is a fabulous guided meditation practice that allows the body, mind and spirit to rest completely. Tristan is a certified Divine Sleep Yoga Nidra teacher, and has prepared a special Star Island Yoga Nidra. Please bring a blanket and warm clothes, since we all cool down as we become still.	Brookfield
9-10	Bonfire on the rocks			S'mores!	Rocks
10	Chapel by candlelight				Chapel - Gather on Oceanic Front Porch for a lantern
Monday					
6-6:30 am	Sunrise on the Rocks	Meditation	Tristan	Please join us on East Rock if you'd like to enjoy the sun rising in company, or find your own spot on the rocks to sit in silent meditation. We may chant, we may laugh, and we will soak in the new day dawning. If the weather is not cooperating, we will gather in the Chapel to meditate and chant OM together.	East Rock or Chapel
6:30 -7:15	Early morning - Gentle Yoga	Gentle	Theresa	Start your day off right with some gentle stretching and movement. This class will include a brief centering exercise to help clear your mind. Class will focus on gentle poses for all areas of the body and is open to all levels.	Brookfield
7:30	Breakfast				
8:30	optional early boat to Portsmouth			Arrive in Portsmouth about 9:45 am	

Time	Title	Style?	Leader	Description	Where
10-11	Morning yoga - Yoga of Earth and Water	Iyengar	Tristan		Brookfield
11:30	boat to Portsmouth			Arrive about 12:45 pm in Portsmouth	