



Retreat to the Sea  
With Astrid Santana and Tra Kirkpatrick  
Sonesta Resort Hilton Head Island  
Thursday, May 11<sup>th</sup> through Sunday, May 14<sup>th</sup>, 2017

Preliminary Schedule\*

Thursday, May 11<sup>th</sup>:

3-4pm: Arrival/Check-in  
4-4:30pm: Welcome with Melissa and Nicole  
4:30-5:45pm: Yoga with Tra  
6:15-7:45pm: Buffet Dinner with Retreat Group  
8-9pm: Yin/Restorative Yoga and Meditation with Astrid

Friday, May 12<sup>th</sup>:

7-9am: Visit to Pickney Island National Wildlife Refuge and Yoga with Astrid  
OR  
8:30-9:30am: Beach Walk and Yoga with Tra  
9:30-11am: Breakfast Buffet  
11am-12:15pm: SUP Yoga (for additional fee)  
4-6pm: Yoga Workshop with Tra (please see next page for workshop title and description)  
6:15-7:45pm: Buffet Dinner with Retreat Group  
8-9pm: Yin/Restorative Yoga and Meditation with Astrid

Saturday, May 13<sup>th</sup>:

8:30-9:30am: Beach Walk and Yoga with Astrid  
9:30-11am: Breakfast Buffet  
11am-12:15pm: SUP Yoga (for additional fee)  
4-6pm: Yoga Workshop with Astrid (please see next page for workshop title and description)  
6:15-7:45pm: Buffet Dinner with Retreat Group  
8-9pm: Yin/Restorative Yoga and Meditation with Tra

Sunday, May 14<sup>th</sup>:

8:30-9:30am: Beach Walk and Yoga with Tra  
9:30-11am: Breakfast Buffet  
11am-noon: Yoga and Goodbyes

*\*All activities listed on this schedule are available for you to enjoy at your leisure. Feel free to participate in all or just some of these activities as you wish!*



## Workshop Descriptions

Friday, May 12<sup>th</sup>, 4-6pm

Demystifying Durga: Practices for Illuminating Our Darkness and Living in Light  
with Tra Kirkpatrick

Durga, one of the main forms of the Goddess Shakti in the Hindu pantheon, was said to be born from a single mass of light formed from the beaming anger of Brahma, Vishnu, and Shiva. Arising out of this spark of divine energy, Durga is the Divine Mother of all that manifests, the force that drives everything in the Universe, and a fierce warrior goddess who mastered the buffalo demon who threatened the peace of the cosmos.

Inspired by the stories and symbolism of Durga, we will explore yoga practices integrated with Hindu mythology to shed light on the forces that tend to diminish our inner flame and to connect to the forces which call upon us to realize our own divinity, filling our lives with love and joy. This workshop interweaves storytelling, deep pranayama, asana, and meditation practices to reveal and transcend the blinding forces that often keep us from living our most joyful, vibrant lives.

Practices will be suitable for all levels of yoga practitioners from beginners to advanced. Please do note that several pranayama (breath techniques) used in this workshop are contraindicated for pregnant women.

Saturday, May 13<sup>th</sup>, 4-6pm

The Hero's Journey: An EmPowerment Flow  
with Astrid Santana

Throughout history, humankind has used the evocative power of mythic storytelling to summon the powers of intuition to promote self-growth and to reclaim lost or injured elements of the soul. In this workshop featuring stories from Women Who Run with the Wolves by Dr. Clarissa Pinkola Estes, we will use the power of storytelling and the tantric teachings on the chakra system to awaken shakti, cultivate strength, and learn to heal our inner and outer worlds. This practice will include lecture, pranayama, asana, mediation and chanting. All bodies and abilities are welcome!