



**Reconnect with the Elements  
with Tra Kirkpatrick, Stacey Shulman, and Melissa Katz  
Omni Resort Amelia Island  
Thursday, May 10<sup>th</sup> through Sunday, May 13<sup>th</sup>, 2018**

**Schedule\***

**Thursday, May 10<sup>th</sup>:**

3-4:30pm: Arrival/Check-in  
4:30-5:45pm: Welcome and Yoga with Tra  
6:30-7:45pm: Dinner at Oceanside Grill  
8-9pm: Restorative Yoga and Meditation with Stacey

**Friday, May 11<sup>th</sup>:**

8:15-9:30am: Morning Yoga with Tra  
9:30-11am: Breakfast Buffet at Sunrise Café  
4-6pm: Yoga Workshop with Stacey: Meditation Stones Workshop (See 2<sup>nd</sup> Page for Description)  
-or-  
Yoga Workshop with Melissa: Hips Take Flight (See 2<sup>nd</sup> Page for Description)  
6:30-7:45pm: Dinner at Oceanside Grill  
8-9pm: Restorative Yoga and Meditation with Tra

**Saturday, May 12<sup>th</sup>:**

8:15-9:30am: Morning Yoga with Stacey  
9:30-11am: Breakfast Buffet  
4-6pm: Yoga Workshop with Tra: Stoked: Ignite the Fire of Transformation (See 2<sup>nd</sup> Page for Description)  
-or-  
Yoga Workshop with Melissa: Move Like Water: Backbends (See 2<sup>nd</sup> Page for Description)  
6:30-7:45pm: Dinner at Oceanside Grill  
8-9pm: Restorative Yoga and Meditation with Stacey

**Sunday, May 13<sup>th</sup>:**

8:15-9:30am: Morning Yoga with Tra  
9:30-11am: Breakfast Buffet at Sunrise Café  
11am-noon: Yoga and Goodbyes with Stacey

\*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 events as you wish!



## **Workshop Descriptions** **Friday, May 11<sup>th</sup>, 4-6pm**

### **Earth Workshop: Meditation Stones with Stacey**

Meditation stones can help you stay grounded and focused while you meditate. Plus, they are great to share as little gifts and anonymous found art! In this workshop we will make our own meditation stones, then do a gentle yoga practice while they dry. Once they are finished, we will use our new stones in a simple meditation. You will leave with the skills to make more meditation stones for yourself and your friends, as well as a new way to meditate.

**-or-**

### **Air Workshop: Hips Take Flight with Melissa**

This is your captain speaking. We are so glad you chose to fly with us today. Prepare for takeoff!

Many arm balances require range of motion in the hips to safely take flight. In this workshop, we will flow through a challenging, hip-based vinyasa sequence, the first part of which will warmup, open, and bring awareness to the muscles in and around our pelvis. The second part of the sequence will include our hip-based arm balances, such as bakasana, eka pada koundinyasana, eka pada galvanasana, and tittibhasana. The last leg of our flight will end with a cooling savasana to integrate it all.

## **Saturday, May 12<sup>th</sup>, 4-6pm**

### **Fire Workshop: Stoked! Igniting the Fire of Transformation with Tra**

Arising from the original five elements, our bodies and all of nature are an expression of life flowing through us. The elements of earth, water, and air all matter. However, fire is not matter, but rather a visible, tangible result of matter changing form.

This workshop interweaves pranayama (breath techniques) to stoke the inner flame and dynamic asanas invoking movement, grace, and flow to increase fire in the body, purify the mind-body, and connect to the radiant light that lives within each of us.

While there will be peak moments of intensity throughout the workshop, variations of postures and techniques are provided to ensure a safe and introspective experience for all participants.

**-or-**

### **Water Workshop: Move Like Water: Backbends with Melissa**

Backbends are great counter-poses to our life off the yoga mat. As we sit in chairs and in front of computers, we hunch forward and our front body closes (and as the body goes, so does the mind)! Backbends open the front of the body, including the heart center, and can soul-stirring. In this all levels back-bending workshop, we will first practice a warm-up vinyasa sequence to prepare for the second part of this workshop, which will focus on several backbends, including urdva dhanurasana and its variations as well as variations of eka pada kapotasana and ustrasana. We will open the body, liberate our spine, and become more like water - open to change and willing to move toward all the universe has waiting for us.