



# Life In Yoga

BE IN THE MOMENT, WHERE LIFE EXISTS

[CLICK HERE  
TO  
REGISTER](#)

## 2023 December Retreat

Pine Lake Retreat Center  
21725 FL-33, Groveland, Florida 34736

Questions:  
Text or Call (Leave Message)  
Dawn (813) 335-4508  
[dawn.giel@gmail.com](mailto:dawn.giel@gmail.com)

Thursday, December 28<sup>th</sup> beginning at 5:00 pm through Monday, January 1<sup>st</sup> ending at 1:00 pm

## Windows to Experience Yoga

4-day Retreat Designed for those with busy lives to Experience and Understand Different Yoga Approaches & Learn to Apply them in Daily Life

### Theme of the Day

- Day 1 - Hatha Yoga
- Day 2 - Tantra Yoga
- Day 3 - Bhakti Yoga and Yoga in All Walks of Life
- Day 4 - New Year's Resolutions:  
Transforming Yourself with Yogic Lifestyle

### Activities

- Morning Session - Yoga Practices
- Mid-morning Discussion - Yoga Systems
- Afternoon Session - Advancing Yogic Practices
- Evening Yoga Leading Up To Dance Yoga
- Post Dinner Program - Q/A Social Hour



General Daily Schedule*	
Time of Day	Activity
6:00 - 7:00 am	Tea/Coffee Available Location: Dining Hall
7:00 - 9:30 am	Morning Yoga Practice Location: Live Oak Auditorium
9:30 - 10:30 am	Light Breakfast Location: Dining Hall
10:30 am - 12:00 pm	Yoga Systems Location: Live Oak Auditorium or Pavilion
12:00 - 1:00 pm	Personal Time
1:00 - 2:00 pm	Lunch Location: Dining Hall
2:00 - 3:30 pm	Personal Time
3:30 - 5:00 pm	Advanced Yoga Location: Live Oak Auditorium or Pavilion
5:00 - 7:00 pm	Evening Yoga Practice Location: Live Oak Auditorium
7:00 - 8:00 pm	Dinner Location: Dining Hall
8:00 - 9:30 pm	Q/A Based Discussion/Social Hour Location: Live Oak Auditorium

Substitutions
Allowed without a cancellation penalty.

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 dawn.giel@gmail.com

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In-Facility Lodgers	Off-Site Lodgers
FULL RETREAT: \$800 per person with individual room and bath; \$1325 for two people sharing a full bed and bath	\$520 per person for full program attendance
PARTIAL RETREAT: \$250 per day per person with individual room and bath; \$420 per day for two people sharing a room and bath	\$150 per day for partial attendance
Includes lodging, food service, program attendance costs	Includes food service and program attendance costs
Airport pick-up and drop-off available for an additional \$55 per person (Limited Options)	Personal responsibility for accommodations and all transportation

Payment Requirements
At least 10% Payment is required at registration. Full Payment is required at least 30 days in advance.
All Payments made by check or Zelle (phone: 301-526-8308) are preferred. Add 3% for Payments made through PayPal/Credit/Debit Card. Mail Checks to Life in Yoga Institute, 1111 University Blvd W, #1306, Silver Spring, MD 20902-3333
As a retreat facility, accommodations are designed for functional use. While you may prefer to bring your own toiletries, shampoo, and soap are available. Sheets, blankets, and towels are provided. Request for a change of linen during your stay will incur an additional charge for which you will be billed.
Drop-by or short notice (less than two weeks) single or multiple-day attendee based on space availability will incur a surcharge to facilitate services and the surcharge will be notified at the time of attendance request.
Cancellation Refund Prior to First Day of Retreat
Full Refund 61 days in advance; 90% refund 60 to 30 days in advance
50% refund 30 to 7 days; No refund in the last 7-days
Scheduled Therapy Consultation
*Available for \$350 (normally \$500) available only at the time of registration

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<b>NON-ATTENDING FAMILY MEMBERS</b> <ul style="list-style-type: none"> <li>No additional lodging charge if same room is used; Separate room is \$70 per night.</li> <li>Own food may be brought without cost. Food service is \$75 per day.</li> <li>Prior booking is needed to have family members who don't plan to attend retreat programs.</li> </ul>
<b>FACILITY NOTES FOR YOUR PLANNING</b> <ul style="list-style-type: none"> <li>Every chalet has a functionally equipped kitchen which lodgers may use as needed.</li> <li>Coin-operated laundry is available at the RV Bathhouse - operated with quarters</li> <li>Any additional recreational facility use (like swimming pool, jacuzzi, etc.) will incur an additional charge for which you will be billed.</li> <li>Food service will be provided during the retreat. It will be fully vegetarian without onion and garlic.</li> <li>For special dietary requirements, please let us know at the time of registration.</li> <li>Please feel free to bring your own yoga mats, although we will have a few available on-site for convenience.</li> <li>A cap/hat for the sun, an umbrella for the rain, and a light jacket may be handy.</li> <li>Programs will be conducted in the Live Oak Auditorium (Main Office Building) or the Pavilion (next to the swimming pool) based on weather conditions.</li> </ul>



# Detailed Program Content

Minor changes are possible based on participant request

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Thursday – theme: Meeting and Greeting and Overview of Yoga

- Begin afternoon – check-in after 2:30 pm - **Main Office Lobby**
- 5:00 pm – Brief orientation of Pine Lake Retreat followed by chair yoga - **Live Oak Conference Room**
- 7 pm – Dinner - **Dining Hall**
- 8: 15 pm - Post dinner session – Retreat Review Conversation - **Live Oak Conference Room**

Friday – theme: Hatha Yoga

- 7-9:30 am – Hatha Yoga Practice - **Live Oak Conference Room**
- 10:30 am to 12:00 pm – Discussion of the System of Hatha Yoga – History, texts, practices - **Live Oak Conference Room** or **Pavilion** (depending on weather)
- 3:30 pm to 5:00 pm – Nuances in Hatha Yoga - **Live Oak Conference Room** or **Pavilion** (depending on weather)
- 5:00 pm to 7 pm – Power of Breath - **Live Oak Conference Room**
- 8: 15 pm - Post dinner session – Q/A - **Live Oak Conference Room**

Saturday – theme: Tantra Yoga

- 7-9:30 am - Pranakriya session of Yoga - **Live Oak Conference Room**
- 10:30 am to 12 pm – Discussion of the System of Tantra Yoga – History, texts, practices - **Live Oak Conference Room** or **Pavilion** (depending on weather)
- 3:30 pm to 5:00 pm – Kashmir Shaivism, Chakras and System of Tantra Yoga - **Live Oak Conference Room** or **Pavilion** (depending on weather)
- 5:00 pm to 7 pm – Introduction to Dance Yoga - **Live Oak Conference Room**
- 8: 15 pm - Post dinner session – Q/A - **Live Oak Conference Room**

Sunday – theme: Bhakti Yoga and Yoga in All Walks of Life

- 7-9:30 am - Integral session of Yoga with Power of Invocation and Walking Meditation - **Live Oak Conference Room**
- 10:30 to 12 pm – Discussion of Yoga in all aspects of life including Religion - **Live Oak Conference Room** or **Pavilion** (depending on weather)
- 3:30 pm to 5:00 pm – Learning to Customize Your Yoga Practices & Role of Yoga Therapy - **Live Oak Conference Room** or **Pavilion** (depending on weather)
- 5:00 pm to 7 pm – Dance Yoga Complete session - **Live Oak Conference Room**
- 8: 15 pm - Post dinner session – Q/A - **Live Oak Conference Room**

Monday – theme: Transforming Yourself with Yogic Lifestyle

- 7-9:30 am – Practice Session and Closing Thoughts
- 10 am – Brunch - **Dining Hall**
- 11 to 12 pm – Q/A and Closure - **Dining Hall**
- 11 to 1 pm – Check-out – Return Keys

## PERSONAL TIME (Friday to Sunday)

- 12 – 1 pm – PERSONAL TIME
- 2 – 3:30 pm – PERSONAL TIME

## MEALS (Friday to Sunday)

- 6 – 7 am – Tea/Coffee - **Dining Hall**
- 9:30 – 10:30am – Light Breakfast - **Dining Hall**
- 1 – 2 pm – Lunch - **Dining Hall**
- 3 - 5 pm – Tea/Coffee - **Dining Hall**
- 7 – 8 pm – Dinner - **Dining Hall**

Beverages are available in the Dining Hall throughout.

## MEALS CHILDREN AND FAMILIES

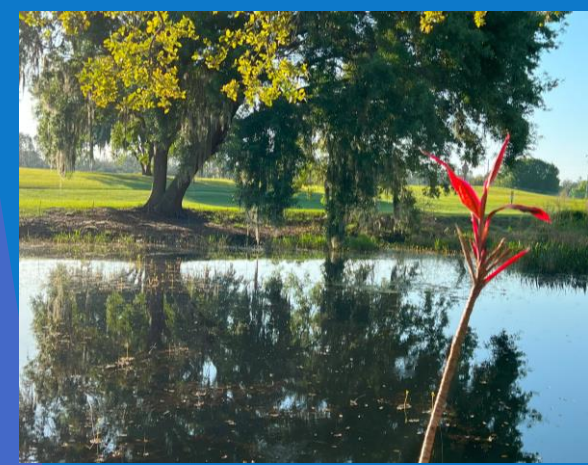
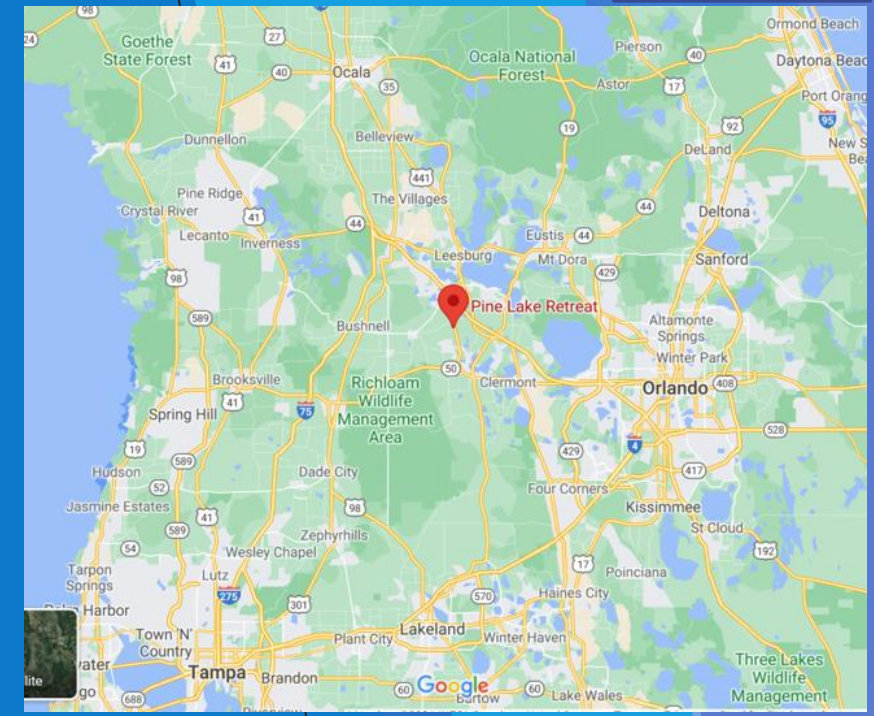
Families and Children are welcome to stay in the lodging with Retreat Attendees. Cost for lodging and meals (if desired) will be separate from Retreat costs. Plans for children and family members can be made individually for such places as Disney, etc. If we have enough children attendance and parents would like programs for them at Pine Lake, we can consider such possibility in consultation with the parents.



# Pine Lake Retreat Center

< Campus Layout

Location >



< Serene Setting

Office >



< Live Oak Auditorium

Pavilion >



Chalets

Chalet Bedroom and Bath

Karma Cleansing

Yogic Gazing

Evening Discussions

2023 Spring Retreat Group

