



MELBOURNE  
BEACH

# SUTRA, PRANA, & SELF

Foster your inquiry into the nature of life and living

For People Who Have Been In Yogic Inquiry For A While And  
Would Like To Deepen Their Understanding

**September 19–22, 2025**

Begins Friday, September 19 at 5:00 PM

Concludes Monday, September 22 at 1:00 PM

 **390 Strand Drive, Melbourne Beach, Florida**



## Life In Yoga

BE IN THE MOMENT, WHERE LIFE EXISTS

This retreat organised by Life in Yoga Institute is designed for yoga practitioners and spiritual seekers who wish to deepen their inquiry into the fundamental principles of life and living.

### Purpose & Intention

- Step away from the noise of everyday life
- Engage with the timeless questions: Who am I? What is the purpose of life?
- Reconnect with a deeper intelligence through inner stillness and yogic awareness
- Cultivate clarity, strength, and presence in living

### Program Elements

- Combined Understanding *Yoga, Sankhya, and Vaisheshika Sutras*
- *Pancha Prana* and its Impact on all of creation
- Mapping Practice to Prana - How common yogic practices affect the 5 vital energies
- Therapeutic impact of practices and their measurement.

**Say Yes to the Journey – Register Now!**

### Accommodation & Pricing

**In-Facility Lodgers (Capacity 14 )** *Includes lodging, food service, program attendance costs*

*Personal responsibility for all transportation*

- **\$505 per person with a private king room and bath**
- **\$705 for two people sharing a private king bed and bath**
- **\$365 per person in shared bedroom 1 person per bed (limited two people per bed)**

**Off-Site Lodgers** *Includes food service and program attendance costs*

*Personal responsibility for accommodations and all transportation*

- **\$225 per person for full program attendance**

**Deposit at Registration:** A minimum of **10% of the total fee** is required at the time of registration.

**Full Payment Deadline:** Full payment must be received **10 days before** the start of the retreat.

### Accommodation Notes:

- Short-notice or drop-in attendance (less than two weeks before arrival), whether for a single day or multiple days, is subject to space availability and may include a service surcharge, which will be confirmed at the time of your request.

### Cancellation & Refund Policy:

- **10 days before retreat start:** 90% refund or forfeit of deposit.
- **10- 5 days before retreat start:** 50% refund
- **Within the last 5 days:** No refund
- **Substitutions:** Allowed at any time without cancellation penalty.

### Payment Methods

- **Zelle:** Phone: **301-526-8308**
- **Check By Mail:** Life in Yoga Institute, 1111 University Blvd W, #1306, Silver Spring, MD 20902-3333
- **PayPal/Credit/Debit Card:** +3% fee. Pay at [lifeinyoga.org](https://lifeinyoga.org) → **Payment** (top right).

## Facility Notes for Your Planning

- Our retreat accommodations are designed for functional and comfortable use.
- Shampoo and soap are available; you are welcome to bring your own toiletries.
- Sheets, blankets, and towels are provided. A linen change during your stay will incur an additional charge.
- **Meals:** Fully vegetarian (no onion, no garlic) will be provided. Please inform us of any special dietary needs **at the time of registration**.
- **Yoga Mats:** You are welcome to bring your own; a limited number will be available on-site.
- **What to Bring:** A sun hat/cap, an umbrella for rain, and a light jacket for cooler weather.

### Cozy Rooms with Essential Amenities



19 - 22 SEP 2025

Balancing Practice, Reflection, and Rest



390 STRAND DRIVE  
Melbourne Beach



## Retreat Schedule

Come with questions. Leave with clarity.

### Friday: Arrival by 5:00 PM

5:00 pm - 7:00 pm	Yoga Practice
7:00 – 8:00 PM	Dinner
8:00 PM – 9:00 PM	Q/A Based Discussion/Social Hour

### Saturday & Sunday

6:00 AM – 7:00 AM	Tea/Coffee Available
7:00 AM– 8:30 AM	Yoga Practice: Inclusive of Walking Meditation on Beach as weather permits
8:30 AM – 9:00 AM	Light Breakfast
9:00 AM - 12:00 PM	Morning Session
12:00 – 1:00 pm	Lunch
1:00 PM – 3:00 PM	Personal Time
2:30 – 3:00 pm	Afternoon Tea
3:00 – 5:00 PM	Afternoon Session
5:00 – 7:00 PM	Evening Yoga Practice
7:00 – 8:00 PM	Dinner
8:00 PM – 9:00 PM	Q/A Based Discussion/Social Hour

### Monday : 11:00 AM to 1:00 PM Check-out

7:00 AM– 9:30 AM	Yoga Practice and Closing Thoughts
10:00 AM	Brunch
11:00 - 12:00 PM	Q/A and Closure



## A Setting that Inspires

From tranquil beaches to open, sunlit spaces — the surroundings invite reflection, renewal, and connection with nature.



Questions? Contact Us

☎ Text or Call (Leave a Message) : Dawn (813) 335-4508

✉ Email: [dawn.giel@gmail.com](mailto:dawn.giel@gmail.com)

**Ready to Join Us?**

Secure your spot for this profound retreat — limited on-site accommodations available.  
Come with questions. Leave with clarity.

**Register Now**



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