

## Peaceful Power Yoga Retreat

Instructed by Elizabeth Price and Mariah Crump

### Day 1:

- Drive to Vinegar Creek at end of Big River Road, 28 miles east of Riggins (1.5 hours)
- Meet Salmon River Tours to jet boat 25 miles upriver to Ram House
- Welcoming ceremony and orientation
- Lunch
- Rest or free time
- Yoga class w/ Mariah & Elizabeth
- Dinner
- Evening fire up your intention activity

### Day 2 - 4:

- Morning meditation
- Juice and light breakfast bar
- Yoga class w/ Elizabeth
- Gourmet breakfast
- Connect to Your Power Center Activity
- Lunch
- Rest or free time
- Yoga class w/ Mariah
- Creative Activity of the Day
- Dinner
- Walk and Talk to soak up the beauty

### Day 7:

- Morning meditation
- Juice and light breakfast bar
- Yoga class
- Gourmet breakfast
- Closing and graduation ceremony
- Lunch
- Free time and goodbye photo shoot
- Jet boat back to Vinegar Creek
- Start planning your next retreat

**June 17th-21st**

**\$1,295 Early Bird by Feb 25th**

**\$1495 Full Price**

### The Offering

- 2 Yoga Classes Daily & Meditation
- Women's Empowerment Activities
- Workshop to Unlock Your Potential
- Real Life Intention Setting
- Women Only Retreat
- An Experience Unplugged & Aligned
- Full Moon Meditation

*"Women empowering women. That is what it is all about! Mariah Crump and Elizabeth Price are a teaching dream. This retreat will connect you to your truly authentic and bad ass self so you can direct your power with peace. Life is rad and this retreat will help you live that way."*

