

# Peaceful Power Yoga Retreat

Instructed by Elizabeth Price and Mariah Crump

## Day 1:

- Drive to Vinegar Creek, outside of Riggins
- Meet Salmon River Tours to jet boat 25 miles upriver to Ram House
- Welcoming ceremony and orientation
- Yummy 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
- Yummy Lunch
- Rest or free time
- Yoga class w/ Mariah
- Creative Activity of the Day
- Dinner
- Nature Walk, Talk and Meditate

## Day 5:

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

**June 17th-21st**

**\$1,295 Early Bird by May 1st**

**\$1495 Full Price**

### The Offering

- Women Only Retreat
- 2 Yoga Classes Daily w/ adjustments
- Morning Meditation & Honorary Silence
- Women's Empowerment Activities
- Workshops to Unlock Your Potential
- Real Life Intention Setting
- Delicious Organic Meals
- An experience unplugged and aligned
- Jet boat tour into deluxe wilderness lodge

*"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 badass self so you can direct your power with peace. Life is rad and this retreat will help you live that way. All women are welcome."*

