

Peaceful Power Yoga Retreat

Instructed by Elizabeth Price and Mariah Crump

Day 1:

- Drive to Vinegar Creek, outside of Riggins
- Jet boat into Ram House Lodge!
- 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
- Lunch in the Wilderness
- 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
- Last Amazing Meal in the Wilderness!
- Free time and goodbye photo shoot
- Jet boat back to Vinegar Creek 3pm
- Start planning your next retreat

June 17th-21st

\$1,295 Early Bird by May 1st

\$1495 Full Price

The Offering

- Women's 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 Heart of Wilderness
- 4 Nights Lodging at Ram House 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.

