

Chakras & Essential Oils Retreat

Day 1:

- Drive to Vinegar Creek outside of Riggins
- Private Jet Boat Ride to Ram House Lodge
- Welcoming ceremony and orientation
- Yoga Class overlooking the river
- Incredible Lunch
- Free time to play on a beach or relax
- Intro to Chakras & Radiant Living
- Evening Yoga Activity
- Dinner
- Sweet River Dreams in Paradise

Day 2 & 3:

- Singing Bowl & Tea Rise and Shine
- Guided Morning meditation
- Juice and light breakfast bar
- Yoga class
- Gourmet breakfast
- Free time
- Incredible Lunch
- Intro to Essential Oils for Self Care
- Energetic Healing Yoga Activity
- Refreshing Dinner
- Wilderness Walk & Talk

Day 4:

- Singing Bowl & Tea Rise and Shine
- Morning meditation
- Juice and light breakfast bar
- Yoga class
- Gourmet breakfast
- Closing and farewell ceremony
- Final Yoga Inbody Delight ~ Lunch
- Jet boat back to Vinegar Creek
- Plan your next yoga retreat!

July 27th-30th

\$1,195 Early Bird Special

Save Your Space by June 1st

The Offering

- 3 Nights Stay at the Exclusive Ram House Lodge
- Jet Boat Tour into *River of No Return Wilderness*
- 2 Yoga Classes Daily w/ Adjustments
- Sunrise Meditation & Honorary Silence
- Interactive Chakra Workshops for Self Healing
- Essential Oil Classes and Samples
- Delicious Organic Meals
- Access to Pristine White Sand Beach
- Limitless outdoor adventure opportunities
- An experience unplugged and aligned

*"I have felt more open, more settled and more at peace with myself and who I am since I returned home from Idaho. I feel like in many ways **I reached a major milestone when I was on the retreat** and things have been opening and unfolding in amazing ways since I returned home. Most importantly and dear to my heart is **my increased acceptance for myself and where I am in this moment in my life.** That has introduced a feeling of peace and openness that had been missing for who knows how long."*

- Megan, Washington DC

2016 Chakra Inbody Retreat

