

A RETREAT FOR EMBODIMENT

Tuning to the Wisdom of the Body with Marta, Molly, & Anne

NOVEMBER 10-12



Friday Evening

We'll start the retreat with a Welcome Tea and Intention Setting to orient you to the weekend offerings. A relaxing and soothing Yoga Nidra Practice will be followed by an Energy Clearing Meditation with Molly.

5:30 - 8:00pm



Saturday All Day

Saturday will begin with Yoga for Strength, Mobility, and Balance with Molly. Then we'll immerse ourselves in somatic awareness—understanding and becoming aware of our nervous system with Marta. We'll savor an Anne Wiles lunch with a break to enjoy each other's company. Afternoon will consist of a deeper dive with Marta into understanding the body's internal processes, followed by Yoga with Anne. We'll wrap up the day with a Sound Bath by Mardi.

9:00am - 6:30pm



Sunday Morning - Lunch

Our final day will begin with the Tibetan Heart Long Practice followed by a Guided Meditation with Anne. We'll close the retreat sharing another nurturing Anne Wiles lunch and concluding with a Gratitude Circle.

9:30am - 1:30pm

3 Days of Self-care & Nurturing

\$215

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✉ Marta - breathbodywork@yahoo.com

📍 [Ascent Physical Therapy](#) - Carson City

