

Flow & Grow Yoga

May 3-5, 2019



Pyoca Camp and Retreat Center
886 E County Rd 100 S
Brownstown, IN 47220
www.pyoca.org

Overview

Both beginners and established yoga enthusiasts are welcome to hone their spirituality and creation care practices at this spring's Flow & Grow Retreat. In addition to relaxing yoga, we will explore the forest around camp, engage in Creation Care devotionals, and get our hands dirty in the Pyoca garden.

Join us for a weekend of connecting with the divine through the earth. You are always welcome.



Yoga Instructor - Savannah Strever

Savanah Strever (RYT-200) is an Indianapolis-based yoga instructor interested in helping people explore the intersection of faith and mindfulness. She specializes in Restorative Yoga and Vinyasa Flow and currently teaches at the Irvington Wellness Center. Learn more about Savannah here: <http://savanahstrever.com/>.

Yoga Practices

Participants of any level are welcome. **Please bring your own yoga mat with you**, as well as any other sabbath materials you may need (journal, books, etc.).

If you have any concerns regarding your level of physical activity please consult your physician and notify Pyoca staff via your registration form.

Registration

Registration fees are per person, covering meals, lodging, and all program activities for the weekend. Fees vary upon lodging:

- **Dorm** - \$150, 8-10 per room
- **Roommate** - \$200, 3-4 per room
- **Single** - \$250, limited space available

Minors will need to fill out additional medical/consent and parental/guardian agreement forms that will be held confidentially on file.

Lodging

All lodging is retreat-style, with bunk beds in each room. **Linens are not provided by Pyoca**, so be sure to bring your own with you. Indicate any roommate requests you may have as you fill out your online registration.

Check-In will be from 6:30PM to 7:30PM on Friday. The first yoga session will start promptly at 8:00.