

Amy & Ama's Almost Famous Traveling
Northern California Retreat Series presents

A Weekend of Bliss

Participation in program and workshops is optional.
This schedule is subject to minor changes.

Healthy snack foods will be available throughout the weekend.

Friday, February 24th, 2006

5:30 – 7:00 pm	ARRIVE! Settle-in and relax, take a hot tub, or wander around the gorgeous grounds.
7:00	DINNER. Ama and Amy are signed up to cook you your first tri-doshic meal of the weekend. Come hungry!
8:30 – 10:00	OPENING CIRCLE & EVENING PROGRAM. A little arts & crafts, a little sharing, a little movement.
10:00 – Zzzzz	Hot Tubbing / Indoor Games (Watch out – A&A have a huge bag of tricks from their camp counselor days!) Quiet time begins at 10:30 please. Sweet dreams!

Saturday, February 25th, 2006

7:30 – 9:00 am	HATHA YOGA with Amy. Sunrise & Shine all levels yoga & meditation. Great for beginners!
9:30 – 10:30	BREAKFAST (9:00 prep)
10:30 – 1:00 pm	FREE TIME. Hot tubbing, wandering, reading, schmoozing, chilling out.
1:00 – 2:00	LUNCH (12:50 prep) Yum!
2:30 – 4:30	MASSAGE WORKSHOP. Get ready to melt under the healing hands of a new pro as Ama teaches easy techniques for relieving stress in the neck, shoulders, back and arms using a variety of massage techniques.
4:45 – 6:30	AYURVEDA 101. "What's a <i>Dosha</i> , my constitution, the five elements, and how does all of this relate to me me me?" This session will be in lecture and Q&A format, including a questionnaire that will help you know yourself better.
7:30 – 9:00	DINNER (6:50 prep) Enjoy a second Ayurvedically "correct" meal with your new understanding of this science for healthy living.
9:00 – 11:00	MOVIE NIGHT. Many films to choose from. Plus wine, chocolate, popcorn and good company!

Sunday, February 26th, 2006

7:00 – 8:00 am	A SUNRISE WANDER IN THE WOODS. Grab a light snack and join Ama in an inspired setting!
8:00 – 10:00	FLOW YOGA followed by Yoga Nidra* . *This form of yogic "sleep" is achieved in Savasana (corpse pose) through an extended guided visualization. It's yummy!
10:00 – 11:00	FREE TIME. Hot tubbing, showering, reading, schmoozing, chilling out.
11:00 – 12:00 pm	HEARTY BRUNCH (10:00 prep) Number 3 in the series of eating well, with the help of the <i>Ayurvedic Cookbook for Westerners</i> .
12:30 – 2:00	MASSAGE WORKSHOP. You'll leave this workshop a little lighter on your feet, looser in your legs and happier in your hips. Ama will guide you through multiple modalities.
2:00 – 2:30	Time to pack up and load up. But don't get discouraged, it ain't over 'til it's over!
2:30 – 4:00	CLOSING PROGRAM. Coming full circle, during this program, we'll revisit our opening intentions, experiences and transitions, plus make time for Q&A and evaluations.
4:00	Say adieu to your new friends and travel safely home!

Thank you for joining us on this cozy journey. Your support of our efforts to spread love and healing throughout Northern California – one weekend at a time – is greatly appreciated! If you have ideas for future program locations, or themes, let us know! ♥