

Sample Full Day Retreat – *Yoga Package*

Welcome

Light and healthy breakfast
Time to change into yoga clothing for those who wish

Yoga Class

Suitable for yogis and person who never moved a muscle before. All will feel comfortable.

Non-yoga option

Chair massage will be available

Learning to De-Stress in 15 Minutes or Less

An Interactive Experience

Catered Lunch

Team Meeting

Finding Balance Between Work and Non-Work

Presentation and Q and A with a Psychologist or LCSW

Expert in Work/Life Issues

Closing Circle

Sample Half Day Retreat – *Walk, Run, or Bike the Trail*

Welcome and Light Snack

Breathing and Warm up exercises

Walk, Run or Bike on the Conshohocken Trail

(one block from RYAH Yoga and Health)

Stretching and cool down

Option for chair massage

Showers or Team Meeting or Return to Work or go home

Therapeutic or Spa table massages can be scheduled in advance for those who wish to stay in the afternoon.

This retreat also works well as an afternoon event.

It also is nice to add massage gift certificates to this package.

Free of charge – each of your employees receives a corporate incentive gift – a gift certificate good for one free yoga class, plus 20% off any wellness service.

Plus everyone leaves with a special RYAH wellness gift.

Other Retreat Options

- Pilates Classes
- Teambuilding Exercises
- Leadership Support
- Sculling or Kayaking on the Schuylkill River
- Nutrition Evaluations and/or Seminars
- Myers/Briggs Workshops
- Mindfulness Meditation
- Energy Balancing and/ Color Therapy Workshops