

Women's Mountain Serenity Retreat

Friday through Sunday, Oct. 4-6, 2024, The Yew Mountain Center
Hillsboro, WV

YEW MOUNTAIN CENTER - Home

WEEKEND SCHEDULE

Friday

2-5 pm **Arrival, Registration and Settle-In**

During this period, we will be welcoming everyone's arrival. You'll check in, receive your Welcome Packet, and find your space if you reserved one on site. There will be tea and snacks available throughout the afternoon.

5 pm **Welcome, Dinner by Dan! and Fireside Gathering**

We officially kick off the weekend with dinner, followed by fire side chat and meditation. We will share dessert and after dinner teas, as we get to know each other.

Dinner menu: Gluten-free Veggie Taco Bowls- grilled veggies (red cabbage, peppers, onions, carrots), Mexican rice, corn and black bean salad, chips and salsa.

Saturday

8 - 9 am **Morning Yoga with Nikki Alikakos**

Nikki is a local yoga instructor trained in integral yoga, and specializes in teaching yoga to everybody. It is her joy to engage people of all experiences, but she especially loves working with people who claim no experience at all.

9 - 10 am **Breakfast**

10 am - 12 pm **Medicinal Herbal Walk and Workshop with Julie Hare, MD**

On this gentle walk we will start to explore the Yew a bit while identifying some native plants with a focus on medicinals. We will work together to sustainably harvest some of these plant allies. The second part of this workshop is to learn how to extract and use our plants of choice. Everyone will end up with a jar of herbal medicine to take home.

12 -1 pm **Lunch by Yew**

1 -2 pm **Forest Meditation followed by Silent Hour**

This activity teaches rest and restoration as an active mindfulness practice. We will introduce the concept of a “sit spot”, and experience the power of silence during this time. Cello music by Erica closes this practice.

2-2:30 - **Free Time**

Free Times are peppered throughout the remaining weekend. Use these times to practice silence, journal, be alone or together. Slow down, rest, and drink in the forest.

AFTERNOON SESSIONS: Small Group Workshops

We will break into small groups, rotating between Julie and Chelsea. Julie will discuss modern stress and anxiety through the lens of Ayurveda (India’s ancient system of medicine). Chelsea will focus on deeper personal development. Her session will include reflection and journaling time. The way we rotate will depend on the total number of participants. If you are not in an active group this is a free period for you.

2:30 - 3:30 pm session 1

3:30-4 pm Free Time

4-5 pm session 2

5-6 pm session 3

6- 6:30 pm **Free Time**

6:30 pm **Dinner by Dan! Fireside Songs and S'Mores**

Dinner menu: Gluten-free Asian bowls – grilled seasoned chicken, veggies & pineapple (red cabbage, sweet potatoes, onions carrots) and white rice.

Sunday

8-9 am **Morning Yoga w/Nikki**

9-10 am **Breakfast**

10-10:30 am **Free Time**

10:30-11:30 am **Somatics/Body Yantra Workshop**

This is an active body meditation that is called by many names. Somatic therapy was born in the 1960s from a fusion of yogic practices and Western psychology, and continues to evolve. This workshop is led by Julie, who trained in this practice under the name of Body Yantra (Katie Silcox, The Shakti School). The basic requirement is being able to sit

(however you wish) for approximately 30 minutes, so just about anyone can do it. Body Yantra is used to release tension, trauma and maintain proper body alignment.

11:30-12 pm **Free Time**

12 pm **Lunch by Yew, Closing, Surveys/Feedback**