



In-Person Iyengar Yoga Retreat
Navigating the Kośas | Aug 16–18
Layers of Being

Optional Pre-Retreat Add-on
Sanskrit: Layers of Learning | Aug 15
Doing, Hearing, Seeing



Mary Reilly, Leslie Freyberg, & Bob Gilbo
Āsana | Prāṇāyāma • Sanskrit Chanting • Philosophy
[Click here](#) for further details about the presenters

"It is essential for the follower of the yoga journey to understand the need for integration and balance in the kośas...Our specific field of exploration is ourselves, from skin to unknown center."

— BKS Iyengar

THURS 8/15 | 10am – 5pm

**Sanskrit: Layers of Learning |
Doing, Hearing, Seeing**

10am – 1pm	Experience a playful, living yogic glossary of useful Sanskrit words, āsana names, and philosophical terms with Leslie, Mary, & Bob
◇ Beach Lunch ◇	
3pm – 5pm	

SAT 8/17 | 9am – 6:30pm

From Body to Bliss

9 – 10:30am	Vitality with Reflection: Backbends Mary Yurt
11 – 12:30pm	Or, Whatever Works: On Steadying the Mind Bob & Leslie Sky Horse
◇ Beach Lunch ◇	
2:15 – 3:30pm	Manomaya Kośa: Healing through Restoratives Mary Yurt
4 – 4:45pm	Märkendeya & the Wisdom of Trees Q&A Bob & Leslie Upaniṣad Tree
5:15 – 6:30pm	Powers of Three: Rippling Outward Bob & Leslie Sky Horse
◇ Optional Indian Dinner at Mary's ◇	

FRI 8/16 | 2pm – 6:30pm

Going Within

2 – 3pm	Powers of Five: The Kośas Bob Yurt
3:30 – 4:45pm	Annamaya to Prāṇamaya: Stability & Presence Mary Yurt
5:15 – 6:30pm	Inward, Outward, Upward: Sanskrit Chanting Leslie Sky Horse

SUN 8/18 | 9am – 12noon

Journey Inward, Venture Outward

9 – 10:15am	Earth to Ether: Prāṇāyāma in Simple Āsana Mary Yurt
◇ Tea break ◇	
10:30 – 12noon	Befriending Self & Other: Gītā Wisdom Bob & Leslie Yurt Closing circle

For some sessions, the group will split and rotate between the yurt at Mary's home and a house on the property. Everyone will receive all the content.

Enrollment Is Limited | [Click Here To Register](#)