



Body Wisdom Yoga Retreat

With Brooke Binstock
5009 Laguna Padre Blvd. Suite 10
South Padre Island, Texas
May 18-20



Join Austin based Yoga Teacher, Massage Therapist and Founder of Open Circle Healing, Brooke Binstock, for a weekend retreat on South Padre Island where we will focus on slowing down, practicing kindness & being present. Through yoga, meditation, discussion & other mindfulness based practices, we will learn to be a bit calmer. This weekend is open to all-levels and is beginner friendly!

SCHEDULE

Friday, May 18 – 6:30 - 8:30 pm

We will gather together with introductions & discuss the theme of the weekend. You will then be guided in a slow, gentle and easy restorative yoga practice and a guided lying down meditation that will help you connect to yourself and others with love and compassion.

Saturday, May 19 – 10:30 - 12:30 pm

Get moving in a gentle fashion with a slow flow yoga practice. This is designed for all levels, so beginners are completely welcome. You will learn the basics for seated meditation and will be guided through a loving-kindness session.

Saturday, May 19 – 2:30 - 4:30 pm

Learn the basics of walking meditation (another meditation technique) & how paying attention to the present moment can help relieve stress. We will also discuss other ordinary ways to practice mindfulness and do some gentle partner stretching.

Sunday, May 20 – 10:00 - 12:00 pm

In our last session together, we will discuss loving-kindness, mindfulness, slowing down and how you can bring these tools back into your lives. You'll be guided through a slow flow yoga practice and meditation with time to reflect at the end.

There will be ample free time in the schedule to enjoy the beach. Meals are not included, but there are many great options nearby!

COST

- **Early Bird Special by May 4:** \$140
- **Regular Rate:** \$150
- **Single Class Rate:** \$40 / per session
- **Payment by check or credit card.** Mail checks to: Brooke Binstock, 4209 Ave. A, Apt. B, Austin, TX 78751
Credit Cards call: 713-859-8207. Paypal: brookeyogi@gmail.com. Use the friends and family option to avoid fees.



*Rooms are available for a discounted rate of \$108 a night at the **Suites at Sunchase**, 1004 Padre Blvd., Reservations call 956-761-7711. Just mention *Body Wisdom Retreat* when you book.*

****To register, please contact Brooke at brookeyogi@gmail.com or call 713-859-8207
Visit her website at www.bodywisdomaustin.com to find out more about her!****

~ What to Bring ~

Mats, blankets & other props will be available, but if you have a meditation cushion you prefer or your own mat, feel free to bring them along!

Please bring something to write/draw on ... journaling, writing, artwork and any other mindful practice is welcome. There will be some open periods for rest, relaxation and reflection during which you can write or draw, or simply rest.

In addition to the yoga and meditation sessions, Brooke will be offering massage therapy sessions throughout the weekend during break times at Laguna Madre at the rate of \$115 for 90 minutes & \$85 for an hour. Make this a wonderful part of your retreat experience! Please email me directly to schedule your session: brookeyogi@gmail.com