



Hits the Spot Yoga

with Scott Willis

And Special Guest
Mindy Cambiar

A Yoga Retreat/Benefit for One Hundred Nights Inc.

Sunday, February 5, 2017 9am-4:00pm

Sterling Yoga Studios – 7 Main St., Keene, NH

9:00 to 11:00am – Morning practice and check-in

- Poses, Breathwork, Meditation, Group – brief check-in

11:15am to 12 noon

- Introduction to the Hits the Spot Yoga practices
- Lovingkindness (Metta) practice – presentation, discussion and practice

12:00 to 12:30pm – Presentation about One Hundred Nights Inc. – Mindy Cambiar

12:30 to 1:00pm – Yoga Poses (inversions) study and practice

1:00 to 2:00pm – Lunch (on your own)

2:00 to 2:50pm – Practical Yoga Philosophy

- *The Great Work of Your Life* by Stephen Cope - intro
- “Look to Your Dharma” - presentation and discussion of “finding your passion, or hobby or project” (examples - Goodall, Thoreau, Whitman)

3:00 to 4:00pm

- “Do It Full Out” - presentation and discussion of “enthusiastically investing your valuable time and energy in your passion, hobby or project” (examples – Frost, Anthony, Corot)

**All proceeds (after expenses) will go to One Hundred Nights Inc.
Please make out checks (any amount) to “Sterling Yoga Studio”**