



Suzanne Ballantyne (Simply Practice) and Liz Holt (Open Lotus Yoga)  
invite you to attend a virtual

**Silent Yoga Mini Retreat on Sunday, December 6, 2020**

9-11:00am with option to "stay" until 11:30am.

This is the fifth in our series of virtual retreats. No prerequisites!

The morning's schedule:

9:00 - 9:30 Viniyoga with Zan

9:30 - 9:35 - nature break

9:35 - 10:05 Massage/Yoga Nidra/Savasana with Liz

10:05 - 10:20 Meditation - guided & silent with Zan

10:20 -10:25 - nature break

10:25 - intro/invite to creative meditation with Liz and Zan

11:00-11:30 - we will leave the meeting open for those who like hanging out in community; or sign off for one's own continued silent/meditation time.

We invite you to login in by 8:50 that morning. Set up your sacred space early, or the night before with props: cushions, towel, blankets, chair, eye pillow (create your own with a clean sock filled with beans or rice), favorite body lotion/oil, journal/coloring book/book of poetry or other inspiring readings/wisdom traditions etc. It's your space so fill it with candles, incense, and photographs as you desire. Stay hydrated and comfortable.

Register by emailing Liz at [openlotusyoga50@gmail.com](mailto:openlotusyoga50@gmail.com) by noon on Saturday, December 5. You will receive by email the class material and Zoom link and an online invoice for \$20 (or pay what you can).

Suzanne Ballantyne, M.A. (abt) CHWC, ERYT 200, RYT500 Viniyoga

Check out my upcoming programs here:

**simplypractice.net** / <https://www.facebook.com/WellnessWithYoga/>

Liz Sprague Holt, MA, E-RYT-200, Yoga Teacher

Open Lotus Yoga + Dance

Yoga for Seniors, Yoga for Cancer, JourneyDance™, Member Yoga Alliance,

International Association of Yoga Therapists

**www.openlotusyoga.net**

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