

AUTUMN RETREAT WITH PETRINA PLECKO

SATURDAY, OCTOBER 24, 2020 • 3:00-5:00PM

What is rooted is easy to nourish.
What is recent is easy to correct.
What is brittle is easy to break.
What is small is easy to scatter.
... From Tao Te Ching

Adjusting our routines and lifestyle choices with the changing seasons and circumstances is the simplest way to maintain our well-being. There are many similarities between the times we are moving through now and the challenges that autumn brings along: certain emptiness that can leave us feeling exposed and raw.

As yogis, we train like a warrior, mentally and physically so we can learn to look at ourself and our beliefs from a higher view.

In this virtual 2-hour retreat Petrina will combine the healing benefits of breath-centric and restorative yoga, breath work and meditation for a grounding and calming effect that will support your mind-body-breath during these times of change.

You will need:

- a yoga bolster and a blanket or 3-4 solid blankets or firm cushions
- 2 yoga blocks
- a yoga strap or a tie
- a chair



Exchange: \$30 for 2 hour online class (via Zoom)

For Information on Zoom, and how our system works for online classes, [click here](#)

Petrina Plecko was first introduced to yoga when she was 16. She is a former modern dancer who, after a debilitating car accident, immersed herself in studying the wisdom traditions, primarily yoga, Eastern & Western healing arts (Shiatsu, Acupuncture, Chinese Medicine, Ayurveda, herbal medicine, culinary therapy) and meditation (Vipassana & Shambhala). Over the last 20+ years she has assisted hundreds of people of all walks of life to regain the balance of body-mind-spirit as a full time yoga teacher and therapist. She is known for her precise teaching style, passionate presentation and her sense of humor. In her classes, private sessions, workshops and retreats she blends a wealth of knowledge and experience to create a safe, dynamic and transformative practice for her students to inspire more vibrant and conscious living.



Sacred Spirit Yoga and Healing Arts Center

At South Presbyterian Church

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sacredspirityogacenter.org