

*Integrative Yoga Therapy*  
*200 hr. Therapeutic Teacher Training*  
*THRIVE! Naturally Studio Retreat*  
*Lac La Biche, Alberta, Canada*  
*June 29-July 19, 2012*

**PROGRAM SCHEDULE**

**Friday, June 29, 2012**

**Please arrive between 4 & 6pm.**

*Arrival & Check-In at Eagle Haunt Lodge (location directions to follow)*

**6:30pm**      Supper  
**7-8:30pm**    Evening Welcome Session

**June 30-July 18, 2011**

**Schedule & Location will vary slightly due to Guest Faculty availability.**

**DAILY**

<b>6:30-8 am</b>	Morning Practice & Meditation	<i>(yoga tent)</i>
<b>8-9 am</b>	Breakfast	
<b>9-10:15 am</b>	<b>Program Session</b>	<i>(yoga tent)</i>
	<i>Break</i>	
<b>10:30am-12pm</b>	<b>Program Session</b>	<i>(yoga tent)</i>
<b>12 -2pm</b>	Lunch	
<b>2-2:30pm</b>	Yoga Nidra	<i>(thrive studio)</i>
<b>2:45-4:15pm</b>	<b>Program Session</b>	<i>(thrive studio)</i>
	<i>Break</i>	
<b>4:30-6pm</b>	<b>Program Session</b>	<i>(thrive studio)</i>
<b>6-7:30pm</b>	Dinner	
<b>7:30-8:30pm</b>	<b>Program Session</b>	<i>(yoga tent)</i>

**July 19, 2011**

**Noon departure. Lunch will be served for those who wish to stay.**

*“We didn’t come here for everything to go right, we came here to learn.”*

*~Joseph Lepage*