



FINDING  
WHOLENESS  
SURVIVOR  
YOGA RETREAT:  
RESTORE THE BODY,  
RESTORE THE SOUL



**Ojai, CA**  
**March 10-12, 2017**

**Cost: \$900**

A RESTORATIVE WEEKEND  
OF TRAUMA-INFORMED  
YOGA, ART, DRUMMING,  
MEDITATION, MASSAGE,  
NOURISHING MEALS,  
HIKING, AND REST AND  
RESTORATION.

THEMES INCLUDE: SELF-  
CARE, SAFETY, AND  
STRENGTH.



# WEEKEND SCHEDULE

FRIDAY, DAY 1: MARCH 10, 2017

THEME: SAFETY

MANTRA: I AM SAFE, I AM LOVED, I AM HOME, I AM IN MY BODY.

1PM: CHECK-IN

1:15PM TO 3:15PM: ORIENTATION AND WELCOME

DURING THIS TIME WE WILL PROVIDE AN OVERVIEW OF THE WEEKEND SCHEDULE, ORIENT YOU TO THE SPACE, AND SPEND SOME TIME IN COMMUNITY PREPARING FOR THE WEEKEND. WE WILL TAKE TIME TO SET INTENTIONS AND GROUND RULES AS WELL AS JOURNAL, CREATE SAFETY JARS, AND CLOSE WITH A BRIEF MEDITATION.

3:15PM TO 4:15PM: SETTLE IN TO ROOMS

4:30PM TO 6PM: TRAUMA-INFORMED YOGA CLASS (FLAMELESS CANDLELIGHT)

THIS TRAUMA INFORMED YOGA CLASS IS AN OPPORTUNITY TO PRACTICE MAKING CONSCIOUS CHOICES WITH YOUR BODY AND TO FOCUS ON WHAT HELPS YOU FEEL SAFE. THE PRACTICE TEACHES US TO SOFTEN, RATHER THAN PUSH OUR BODIES BEYOND THEIR LIMITS. WE CAN APPLY THIS SAME MINDSET TO OUR LIVES AS WE THINK ABOUT HOW CRITICAL IT IS TO SLOW DOWN AND PRIORITIZE OUR NEEDS,

6PM TO 7:30PM: SUNSET DINNER

7:30PM TO 8:30PM: HORTICULTURE AS HEALING

HORTICULTURE AS HEALING IS AN INTERACTIVE WORKSHOP IN WHICH YOU CAN CONNECT WITH NATURE IN A WAY THAT CULTIVATES INNER STRENGTH AND ALLOWS YOU TO PRACTICE SELF-CARE. IN THE WORKSHOP YOU WILL BE GIVEN THE OPPORTUNITY TO PAINT POTS AND PLANT SUCCULENTS IN A WAY THAT CONNECTS TENDING TO PLANTS TO YOUR OWN STRENGTH AND RESILIENCE.

8PM-ON: OPTIONAL ACTIVITIES, SELF-CARE CORNER, AND FREE TIME

JOIN US IN A SAFE SPACE AND REFLECT ON THE PLACES, PEOPLE AND THINGS THAT BRING YOU PEACE AND A SENSE OF SAFETY. WE WILL BE FREE TO USE A VARIETY OF ART MATERIALS TO EXPRESS OURSELVES WITH COLORS, SHAPES, TEXTURES AND WORDS. THE PROCESS WILL INCLUDE EXPLORING AND CREATING A LIST OF SELF-CARE ACTIVITIES AND STRATEGIES.

OPTIONAL: SCHEDULE A TRAUMA-INFORMED HEALING MASSAGE FOR THIS EVENING

# WEEKEND SCHEDULE

SATURDAY, DAY 2: MARCH 11, 2017

THEME: SELF-CARE

MANTRA: I AM ENOUGH. I ALLOW MYSELF TO REST. I AM WISE, BEAUTIFUL, AND STRONG. I HAVE SO MUCH GOODNESS TO GIVE AND RECEIVE. I AM HERE TO DO MY BEST.

8:30AM: BREAKFAST

9:30AM TO NOON: WALKING TRAIL MEDITATION AND TRAUMA-INFORMED YOGA, MEDITATION MOUNTAIN

WALKING TRAIL MEDITATION IS A WORKSHOP IN WHICH YOU WILL TAKE A SLOW MINDFUL WALK AROUND A TRAIL. DURING THE WALK WE WILL BE PAYING MINDFUL ATTENTION TO OUR BREATH, OUR SENSES, AND THE NATURAL SURROUNDINGS. BEING AWARE OF OUR SURROUNDINGS HELPS TO BRING FORTH A SENSE OF CONNECTION TO THE NATURAL WORLD, BEING MORE GROUNDED IN THE MOMENT, BRINGING A SENSE OF PEACE. WE WILL CLOSE THE MEDITATION WITH A BRIEF TRAUMA-INFORMED YOGA CLASS IN THE BEAUTIFUL HILLS OF OJAI.

REFLECTION BREAK/RESTORATIVE TRANSITION

1PM LUNCH

2:15PM M TO 3:15PM: ART AS HEALING, MASQUE ACTIVITY

TOGETHER WE WILL REFLECT ON THE UNIQUE QUALITIES THAT MAKE US WHO WE ARE. USING EASY-FLOWING ACRYLIC PAINT WE WILL PAINT AND DECORATE A MASK THAT WILL REPRESENT OUR STRENGTHS AND THE DETAILS WE APPRECIATE ABOUT OURSELVES. THIS MASK WILL SERVE AS A REMINDER THAT WE ARE UNIQUE AND WE ARE ENOUGH. THE PROCESS WILL INCLUDE A SAFE AND OPEN SPACE FOR SHARING AND REFLECTING.

3:30PM RO 4:30PM: FREE TIME: REST + JOURNAL OR JOIN US IN THE SELF-CARE WHEEL AND MANTRA TOUCHSTONES WORKSHOP

THIS WORKSHOP WILL ALLOW PARTICIPANTS TO REFLECT ON THE VARIOUS COMPONENTS OF SELF-CARE INCLUDING:PHYSICAL, PSYCHOLOGICAL, EMOTIONAL, SPIRITUAL, PERSONAL, AND PROFESSIONAL. PARTICIPANTS WILL BE INVITED TO CREATE PHYSICAL REMINDERS, CALLED TOUCHSTONES, AS A REMINDER OF THE IMPORTANCE OF SELF-WORTH AND SELF-LOVE.

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# WEEKEND SCHEDULE

SATURDAY, DAY 2: MARCH 11, 2017 CONTINUED

5:00PM TO 5:45PM: TRAUMA-INFORMED RESTORATIVE YOGA

THIS GENTLE, TRAUMA-INFORMED YOGA CLASS WILL FOCUS ON RESTORING THE BODY, MIND, AND SOUL. EMPHASIS WILL BE PLACED ON TAKING CARE OF ONESELF AND MAKING CONSCIOUS CHOICES THAT BEST SERVE YOUR BODY.

REFLECTION BREAK/RESTORATIVE TRANSITION

6:00PM TO 7:15PM: SUNSET DRUM CIRCLE

THIS WORKSHOP WILL INTRODUCE PARTICIPANTS TO RECREATIONAL MUSIC MAKING. WE WILL BE USING THE DRUM AS A WELLNESS TOOL INCORPORATING SELF-EXPRESSION, CREATIVITY AND COMMUNICATION IN A FUN AND RELAXING ENVIRONMENT. NO PRIOR MUSICAL EXPERIENCE IS NEEDED AS WE WILL BEGIN TO MAKE MUSIC AFTER A FEW MINUTES OF GUIDED INSTRUCTION. A VARIETY OF DRUMS AND OTHER PERCUSSION WILL BE AVAILABLE TO ALLOW YOU TO EXPRESS YOURSELF IN MANY DIFFERENT WAYS. WE WILL ALL BEGIN TOGETHER WITH A BASIC RHYTHM AND WILL FOLLOW EACH OTHER INTO A SONG CREATED BY US AND FOR US IN THE MOMENT. PLAY ALONG WITH THE RHYTHM AND ALSO FEEL FREE TO TAKE YOUR TIME AND LISTEN TO THE RHYTHM OF THE GROUP.

7:30PM: DINNER CELEBRATION

9:00PM: MEDITATION AND BREATHWORK LULLABY

JOIN US FOR A CLOSING BREATHING EXERCISE AND MEDITATION TO SOOTHE THE MIND, BODY, AND SOUL.

OPTIONAL: SCHEDULE A TRAUMA-INFORMED HEALING MASSAGE FOR THIS EVENING

# WEEKEND SCHEDULE

SUNDAY, DAY 3: MARCH 12, 2017, CHECKOUT AT 11AM

THEME: STRENGTH

MANTRA: I AM NOT DEFINED BY WHAT HAS HAPPENED TO ME. I AM WHAT I CHOOSE TO BECOME. I HAVE THE RIGHT TO BE STRONG.

8AM: BREAKFAST

8:30AM TO 9AM: MORNING TRAUMA-INFORMED YOGA WITH HEALING DRUM BEAT

9AM TO 10:15AM: ART AS HEALING: CULTIVATING INNER STRENGTH

USING EASY-FLOWING ACRYLIC PAINT WE WILL PAINT OUR JOURNEY FROM DARKNESS TO LIGHT. WE WILL USE COLORS, SHAPES, TEXTURES AND ABSTRACT STROKES TO EXPRESS OUR INNER STRENGTH AND RESILIENCE.

10:15AM TO 11AM: CLOSING AND DEPARTURES

# WEEKEND LOGISTICS

RSVP:

PLEASE SEE LINK TO RSVP:

[HTTP://WWW.ZABIEYAMASAKI.COM/YOGA/SESSIONS/RETREATS](http://www.zabieyamasaki.com/yoga/sessions/retreats)

PAYMENT: (NON-REFUNDABLE)

TO MAKE PAYMENT FOR THE RETREAT, PLEASE CREATE A VENMO ACCOUNT ([HTTPS://VENMO.COM/SIGNUP](https://venmo.com/signup)) AND SEARCH FOR @ZABIE-KHORAKIWALA. MAKE PAYMENT FOR \$900. PAYMENT PLAN INCLUDES 3 INSTALLMENTS OF \$300, WITH THE LAST INSTALLMENT PAID NO LATER THAN FEBRUARY 1, 2017.

MEALS:

INDIAN FOOD. PLEASE NOTIFY ZABIE OF ANY DIETARY RESTRICTIONS WHEN YOU RSVP. SEE BELOW FOR FULL MENU.

TRANSPORTATION:

BELOW ARE AIRPORTS ALL ACCESSIBLE TO OUR LOCATION IN OJAI:

LOS ANGELES INTERNATIONAL AIRPORT

SANTA BARBARA

BURBANK

# MENU

DAY 1: MARCH 10, 2017

## SNACKS

FRESH FRUIT, VEGETABLES, GRANOLA BARS, TRAIL MIX, SAMOSAS, AND FRESHLY SQUEEZED JUICES

## DINNER

CHICKEN AND VEGETABLE BIRIYANI, BINDI, YELLOW POTATOES, MASALA DOSA, AND FRUIT

DAY 2: MARCH 11, 2017

## BREAKFAST

HAWAIIAN COFFEE AND ASSORTMENT OF TEAS, FRESHLY MADE OMELETS, FRUIT, BAGELS, AND MUFFINS

## LUNCH

SALADS AND SANDWICHES

## DINNER CELEBRATION

DAAL/LENTILS AND RICE, BUTTER CHICKEN, NAAN, CAULIFLOWER, SAMOSAS, AND SALAD

DESSERT: FRUIT SALAD AND CAKE

DAY 3, MARCH 12, 2017

## BREAKFAST

FRUIT, YOGURT PARFAITS, BAGELS, AND GLUTEN FREE PANCAKES

## SNACKS

GRANOLA BARS, TRAIL MIX, COCONUT-CASHEW-DATE ENERGY BALLS, HUMMUS AND CHIPS, VEGETABLES, POPCORN, GRANOLA BARS, TRAIL MIX, PEANUT BUTTER AND RICE CAKES, CRACKERS AND CHEESE