



## True Nature Yoga Retreat: August 6 – 13, 2016

### Columbia River Gorge - Yoga, Hiking & Wine Tasting Retreat Itinerary

Our itinerary will largely be tailored to the energy, weather and interests of the group.

The suggested itinerary is as follows and is subject to change:

#### **Saturday, August 6th – Arrive in the evening**

- Welcome Drink & Snack
- Dinner

#### **Sunday, August 7th**

- Early Morning Snack, Coffee/Tea
- Morning Yoga
- Breakfast
- Visit the Columbia Gorge Discovery Center: Our introduction to the geology, flora, fauna, history, and economic development of the Gorge. Check out the live raptors! [www.gorgediscovery.org](http://www.gorgediscovery.org)
- Lunch Out and About (not included)
- Wine Tasting or Tour of the Petroglyphs at Horsethief Lake State Park, WA:[www.columbiariverimages.com/Regions/Places/horsethief\\_butte\\_petroglyphs.html](http://www.columbiariverimages.com/Regions/Places/horsethief_butte_petroglyphs.html)
- Evening Meditation or Yoga Nidra, etc.
- Dinner at Home

#### **Monday, August 8th**

- Early Morning Snack, Coffee/Tea
- Morning Yoga

- Breakfast
- Visit Timberline Lodge, Mt. Hood, OR: National Historical Landmark, the icon of the WPA dedicated in 1937: Great video at [www.timberlinelodge.com/plan-your-visit/explore-the-lodge](http://www.timberlinelodge.com/plan-your-visit/explore-the-lodge)
- Lunch at Timberline Lodge (not included)
- Hiking: Tamanawas Falls, 3.6 miles, easy – [www.oregonhikers.org/field\\_guide/Tamanawas\\_Falls\\_Hike](http://www.oregonhikers.org/field_guide/Tamanawas_Falls_Hike)
- Evening Meditation or Yoga Nidra, etc.
- Dinner at Home

### **Tuesday, August 9<sup>th</sup>**

- Early Morning Snack, Coffee/Tea
- Morning Yoga
- Breakfast
- Free time, you fix a lunch at home
- Half-Day Wine Tasting Tour (4 hours, included)
- Evening Meditation or Yoga Nidra, etc.
- Dinner Out (not included)

### **Wednesday, August 10<sup>th</sup>**

- Early Morning Snack, Coffee/Tea
- Morning Yoga
- Breakfast
- Hiking destination TBD (you pack a hiking lunch)
- Evening Meditation or Yoga Nidra, etc.
- Dinner at Home

### **Thursday, August 11<sup>th</sup>**

- Early Morning Snack, Coffee/Tea
- Morning Yoga
- Breakfast
- Mineral Bath Soak and Wrap at Bonneville Hot Springs Spa, West Bonneville, WA (included) – <http://bonnevilleresort.com/spa/mineral-baths-wraps/>

- Afternoon free in Hood River, Lunch Out and About (not included) – Great restaurants, explore the water front, watch windsurfing and kite saling, rent Stand Up Paddle Boards, boutiques: <http://hoodriver.org/shop/>
- Evening Meditation or Yoga Nidra, etc.
- Dinner at Home

**Friday, August 12th**

- Early Morning Snack, Coffee/Tea
- Morning Yoga
- Breakfast
- Hiking destination TBD (you pack a hiking lunch)
- Evening Meditation or Yoga Nidra, etc.
- Dinner Out (not included)

**Saturday, August 13<sup>th</sup>**

- Early Morning Snack, Coffee/Tea
- Morning Yoga
- Breakfast
- 11 am departure