

# Align Your Mind, Body, and Soul:

A One-Day Journey Through Yoga,  
Philosophy, & Reflection



HIGHLAND YOGA



# Date: June 22 , 2025

This thoughtfully curated one-day yoga retreat is designed with the idea of reflection and connection to oneself. The day offers a blend of movement, lecture, journaling, nature, and sharing — all with the intention of leaving with a more complete sense of self and your yoga journey.

Students will walk away with a connection to their physical practice, yoga principals beyond asana, and a deeper understanding of their own why in their yoga practice.





# Itinerary

## Your day includes....

- 8:30 - Coffee + Bagels
- 9:00 - Opening Journal Session + Yoga Philosophy
- 10:00 - 90 Minute Practice
- 11:30 - Reflection + Application
- 12:30 - Lunch
- 1:30 - Hike to Waterfall + Meditation
- 3:30 - Journal Session + Share
- 4:30: Yin + yoga nidra
- 6:00 - Dinner



## Staying an extra day? Additional activities:

- Trail Riding
- Wine Tastings
- Farm Tour
- Spa Access
- and more

## Want to spend the night?

- Serenbe Inn or home rentals available. Pricing and booking available upon inquiry.

# Yoga Programming

## Align Your Mind, Body, and Soul

Join Emily Childs, yoga teacher of 6 years, for a one day retreat designed to take your yoga practice deeper. Our day will include several opportunities to journal, a focused hike and meditation, and a 90 minute yoga practice. Learn some of the why behind our yoga practice that makes it a complete along with some of the more subtle elements. This is a great retreat for self reflection, alignment to your personal thinking, and way to see growth in your yoga journey.





# About Serenbe

## Get away from it all - 45 minutes from Atlanta

Nestled in the rolling hills of Chattahoochee Hills, just 30 minutes south of Atlanta, Serenbe is a wellness-focused community where nature, art, and intentional living come together in harmony. With over 1,000 acres of preserved forests, meadows, and winding trails, Serenbe offers the perfect backdrop for rest, renewal, and reconnection.

From organic farms and award-winning restaurants to tranquil landscapes and thoughtfully designed spaces, Serenbe is more than a destination—it's an experience. Whether you're savoring fresh air on a morning walk or finding stillness beneath the trees, every corner invites you to slow down and come back to yourself.

There's no better place to unplug, reset, and deepen your practice. Join us for a day of yoga, community, and grounding in one of Georgia's most serene and inspiring settings.





# Pricing

**Investment: \$250.00**

**Includes:**

- Breakfast
- Morning and afternoon programming
- Welcome bag

Pricing does not include lunch or dinner (we will meet up at restaurants and split the check)





# FAQ

## Travel & Accommodations

- Serenbe is located just 45 minutes south of Atlanta, GA
- Want to spend the night? Accommodations available through home rentals or the Serenbe Inn.

## What To Bring

- Yoga/workout clothes
- Journal and Pen
- Yoga mat (optional - mats are available to borrow)
- Sunscreen
- Hiking/Walking shoes
- Water bottle
- Change of clothes for dinner

## Ready to book?

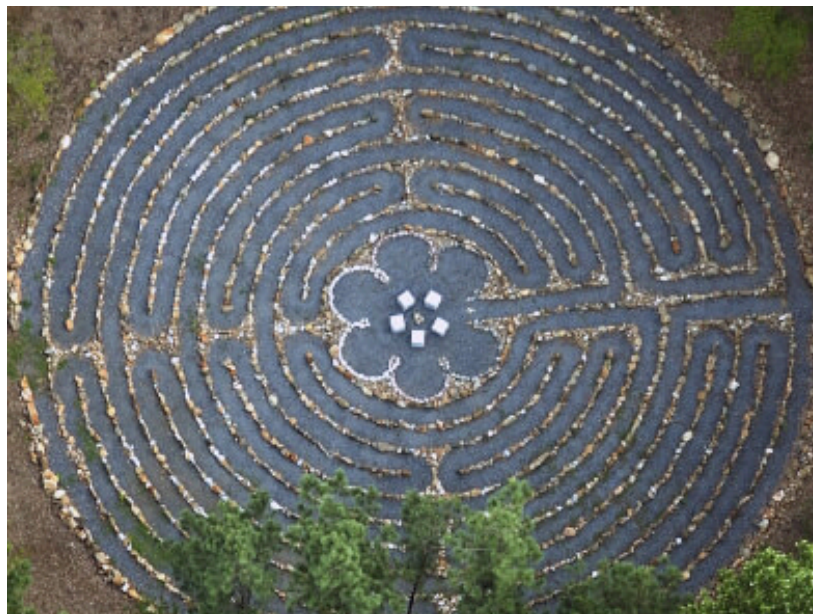
Email [elsie@highland-yoga.com](mailto:elsie@highland-yoga.com) for a custom quote!



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