

# Elevate Your Practice A One-Day Retreat

Arm Balances, Inversions, and Weaving it all together



HIGHLAND YOGA



# Date: July 20, 2025

This one-day yoga retreat is focus on physical asana and postures. We will work on inversions, arm balances, and various transitions to thread together a vinyasa flow class style. Students will walk away with a new understanding of their physical practice, drills, safe entrances, and exits, and ways to advance their practice on the mat physically.





# Itinerary

## Your day includes....

- 9:00 - Opening, Coffee, Bagels
- 9:30 - Warm Up & Activation
- 10:00 - Arm Balances Workshop
- 11:30 - Cool Down & Deep Stretch
- 12:00 - Lunch
- 1:30 - Waterfall Walk and Meditation
- 2:30 - Inversion Workshop
- 4:30: Put it Together Yoga Practice
- 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

## Elevate Your Practice

Join Emily Childs, yoga teacher of 6 years, for a one day retreat designed to take your yoga practice deeper. This programming is built on leading multiple workshops for inversions, arm balances, and YTT (yoga teacher trainings) on these topics. This one day retreat is special as the whole will be to dive into these advanced postures then weave them into a yoga class at the end of our day.





# 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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