

Conscious Living in Times of Change

Hidden Language Hatha Yoga

With Swami Sukhananda



Yasodhara Ashram
YOGA RETREAT & STUDY CENTRE

Event Schedule SOYA Annual Retreat 2026 Sorrento, BC

Friday
June 5

Afternoon:	1pm	Registration begins at Sorrento Memorial Hall
Memorial Hall	1:45-5pm	SOYA Seva Offerings 1:45-2:45 Asana Class with Becky Sudevi; 3-3:45 Tea and Chat: About Mantra Practices with Mugs; 4-5 Five Peace Mantras Stack Japa Meditation led by JoAnn Bance.
Dining Room	5:30pm	Dinner at Sorrento Centre
Evening:	6:45-7pm	Welcome & Housekeeping Details
Memorial Hall	7-9pm	Opening Session Connection, community and celebrating the unique history of women-led Yasodhara Ashram.

Saturday
June 6

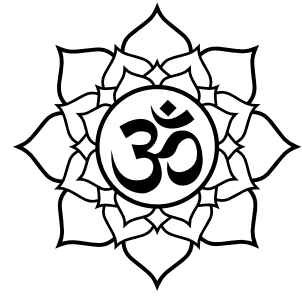
Morning:	6:30-7:45am	Morning Asana Session Hatha Yoga Practice with Swami Sukhananda
Memorial Hall		
Dining Room	8am	Breakfast at Sorrento Centre
Memorial Hall	9:30-12pm	Morning Wisdom Session Inspiring Hidden Language Hatha Yoga teachings, guided reflection, heartfelt Q&A, meaningful small-group connection and a variety of breakout activities.
Dining Room	12:30pm	Lunch at Sorrento Centre.
Afternoon:		Afternoon Wisdom Session
Memorial Hall	2-5:15pm	Inspiring Hidden Language Hatha Yoga teachings, guided reflection, heartfelt Q&A, meaningful small-group connection and a variety of breakout activities.
Dining Room	5:30pm	Dinner at Sorrento Centre
Evening:	7-9pm	Saturday Evening Devotional and Dance
Memorial Hall		Join this communal celebration with Yasodhara Yoga teacher Francesca Cogorno, leading a Prayer Dance from the Indian Tradition, and Songs of Light from contemporary artists



Sunday,
June 7

Morning:	6:30-7:45am	Morning Asana Practice
Memorial Hall		Hatha Yoga Practice with Swami Sukhananda
		HALL MUST BE VACATED AFTER THIS. PLEASE TAKE ALL YOUR ITEMS WITH YOU.
Dining Room	8am	Breakfast at Sorrento Centre
		PLEASE VACATE YOUR ROOMS IF AT SORRENTO CENTRE AFTER BREAKFAST & BEFORE WISDOM SESSION
Caritas Room	9:30-12pm	Morning Wisdom Session
		Teachings and guided practice of the Divine Light Invocation will bring our weekend to a close. No mats needed, but bring blankets to sit upon.
Dining Room	12-12:30pm	Closing Arati Ceremony led by Mugs and Rebecca
	12:30pm	Lunch at Sorrento Centre

WITH DEEP
GRATITUDE TO ALL
OF YOU



DRIVE SAFE.
WE HOPE TO SEE YOU
NEXT YEAR!

OM SHANTI

Save the Dates for the next
SOYA ANNUAL RETREAT

JUNE 4 -6, 2027

SORRENTO, BC

