

Frequently Asked Questions

Location:

Yoga 4 Love Studio Cabin
116 Water Street
Ovilla, Tx 75154-3312

(make sure your GPS takes you to Ovilla, on the West side of 1-35, not into 'Red Oak').

We are the long white gravel driveway just past Frank's Holy Smoke BBQ, the 3rd Driveway on the left with a red brick mailbox. Look for lots of huge pecan trees, 2 horses. It is a long green ranch style house with a carport and cabin to the left of the house. Come to the very back of the drive and park in front of the house all the way upto the grass, leaving room for people to pull out and in behind you. DO NOT park on the wet saturated land on either side of the driveway. You will have to be towed out, it is a swamp due to the huge rains. You may also park all the way down the drive directly in front of the cabin in a row of 4-5 cars, behind the red Yukon is ok too, it is not going to be moved that weekend. Access to the cabin is around back by the waterfall.

When do we check in and out?

Check-in time is between 10:00am - 12:00pm and check-out time 11:00 AM.

Quiet time is between 9am and 9pm.

What airport do I fly into:

Love Field (closer) 45 minute drive to Ovilla

DFW (more cities) 60 minute drive to Ovilla plus traffic

Food:

We serve Vegetarian and Vegan Potluck style lunches, dinners and shared snacks. There is a grocery store close by and a mini refrigerator in the studio. Dinner is shared crock pot meals

and sides. Local attendees sign up to bring hearty and healthy food and also volunteer in the kitchen for Karma Yoga.

Staying extra nights

Please add on the nights to your reservation, if you did not already and would like to see availability please email us at hello@yoga4love.com and request the dates and room you would like. We do not serve food for extra stay dates. We have restaurants walking distance from the cabin.

Cabin Stay:

Cabin group sleeping, with the sister tribe. Inside the cabin you will have the ability to make tea, store snacks and drinks in the refrigerator and shared bathroom and shower.

Tent Stay:

Bring your own tent and sleep outside in nature.

Tent Site #1 Root Manipura Chakra

Tent Site #2 Sacral Svadhisthana Chakra

Tent Site #3 Solar Plexus Manipura Chakra

Tent Site #4 Heart Anahata Chakra

Tent Site #5 Throat Vishuddha Chakra

Tent Site #6 Third Eye Ajna Chakra

Tent Site #7 Crown Sahasrara Chakra

Glamping Chakra Tent:

Stay in one of our chakra tents with your sisters.

Triple Occupancy Surya Glamping

Double Occupancy Chandra Clamping

Main House Stay:

IRIS ROOM: Private Twin Guest bedroom with single bed, desk and shared main hall bathroom

MERMAID ROOM: Queen hotel style bedroom with desk and Private bathroom. In this room you and your friend, if you choose to have a roommate, will share a double bed and have your own bathroom.

BAMBOO ROOM: Queen hotel style bedroom with shared bathroom. In this room you and your friend, if you choose to have a roommate, will share a double bed and have your own bathroom.

Dorm Stay Semi Private daybed with shared main hall bathroom.

Add On Wellness Activities:

You can book a number of healing and spa treatments for your retreat. Book your services upon arrival or contact us by email hello@yoga4love.com.

- Reiki Healing Session
- Hot Stone Therapy
- Thai Yoga Bodywork with Richard
- Angel Card Reading
- Shamanic Journey Session Power Animal Retrieval, Extraction Healing or Soul Retrieval

Eco-Friendly, Animals on Site:

We are a Certified Wildlife Habitat by the National Wildlife Federation. We are on a septic system and require that we are mindful when we use showers. Take short showers and practice minimal toilet flushing. Never flush anything except solid waste, place paper products and all sanitary products in the trash.

We have horses, 5 dogs, 1 cat, chickens and honey bees on the property.

Please do not bring your animals to retreat, (we have plenty to go around). If you do not like overly cute and friendly dogs, you may want to reconsider coming to this retreat and perhaps choose one of our Destination retreats instead.

What is the weather and temperature like?

Texas weather can change on a dime. Please look at the local weather forecast and plan to dress in layers so you can quickly adjust your temperature.

Do you have WIFI?

Yes - You will receive the password when you arrive.

What travel insurance is needed?

You will want to get your own travel insurance.

What about laundry?

We only provide laundry services in case of emergency.

What are the Yoga classes like?

Every morning we begin by a guided meditation. Enjoy hot yoga in the far infrared spa heated studio or a lovely Outdoor Vinyasa yoga practice. Some retreats include Partner Yoga, Relax + Restore Yoga and Guided Meditations. Many classes are held outside by the waterfall with the rising or setting sun, weather depending.

Contact us:

Email: hello@yoga4love.com