



Yoga 4 Love Inner Goddess Retreats

3 Day Intensive

Fri-Sun

Meet your Tribe!

We gather as siSTARs, for a weekend intensive of intensely relaxing, sharing, sound healing, crystal bowls, reiki, outdoor yoga, horses and meditations at the waterfall. Clean eating, holistic living and spirituality! Are you ready to meet your tribe? Rsvp with your deposit today, we fill up fast, ladies!

[JOIN THE YOGA 4 LOVE GLOBAL GODDESS TRIBE ON FB!!!](#)

RETREAT INFO:

Come on retreat in North Texas at the Yoga 4 Love Studio Cabin on Rocky Falls. Our Yoga 4 Love Inner Goddess Retreats are fun and interactive consisting of many yogic, wellness and holistic living centered activities. Every morning we begin by a guided meditation. Enjoy hot yoga in the far infrared spa heated studio with a lovely Vinyasa yoga practice, partner yoga, relax + restore yoga and a guided meditation by the waterfall with the rising or setting sun. In the evenings enjoy a ceremonial Shamanic fire ceremony with a sacred song circle... and a movie night, too! Enjoy the outdoor Fire pit, bonfire at waterfall and archery range.

We spend the day with an agenda full of workshops: hands-on teaching, specialty workshops and feature guest Yoga 4 Love faculty teachers. During the retreat we offer optional private reiki, sound healing and Angel Card reading sessions as an add on.

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At the 2.6 acre facility on the water, Yoga 4 Love Studio Cabin, we offer a full shower, fresh green juices, morning smoothies, farm fresh eggs and hot tea. We have horses on the location, as well as many open acres for floating on the river, hiking and relaxing in the sun. Stay on site in the group cabin or tent primitive on the land, A few rooms are available in the main house, for those with handicaps or prefer to have more privacy.

Meals are community style at retreat; dinner is potluck, if you are out of town make special requests and we will make extra food for your dinners. Special diets and observations are always observed and respected. Please answer the questions at the end of your booking so we can be sure to accommodate your meals.

Where is the Texas Retreat located:

Yoga 4 Love Studio Cabin

116 Water Street

Ovilla, Tx 75154-3312

Make sure your GPS takes you to Ovilla. We are on the West side of 1-35, do not go into Red Oak, same zip code, wrong way.

We about 4 miles west off I-35. Take a right at Main Street, it is a light by the Car Wash and Vertical Church. Go up the hill and veer to the left at Frank's Holy Smoke BBQ. We are the third driveway on the left after Franks, it is the long white gravel driveway with huge pecan trees and a horse pasture out front. Look for a red brick mailbox.

It is a long green ranch style house with a carport. The Yoga 4 Love Studio Cabin to the left of the split driveway, you will enter in the door with the small wood deck to check in, not the main house.

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Drive to the very back of the land and park as close to the building, all the way, leaving room for people to pull in and out and in behind you. (DO NOT park on the land on either side of the driveway in rainy season! 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 carport, and on the grass behind the red Yukon is ok too, it is not going to be moved that weekend. Access to the main Yoga Cabin door is around the back, by the waterfall.

Come into the Man Cave door, entering for registration up the steps of the small deck. Please get registered and check in before unloading. We will share where you are staying and you can place your items there. We may redirect on where to park so people can get in and out.

LODGING:

Shared Goddess Cabin Group stay with the Tribe:

We provide lovely bedding, your pillow, decorative pillows, bolsters and your blanket. You may want your own sleeping items, so let us know if you plan to not use our provided items on the questionnaire that will be emailed to you after registration, You will have a shared space for 6, to be used as a multi purpose space for sleeping, changing, and showering. We will move out the beds daily for workshops. We provide an extra Goddess Tent for storing your personal items etc. and that will keep the cabin clear and open for indoor classes.

We most always have additional tent spaces available if you want to move to a private or shared tent.

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Glamping and BYO Tents: Bring an electric blanket for fall retreat, if you have one. Texas weather can change in a few hours. We have 4 space heaters, but we will have more than 4 tents. We have large power cords, to run to each tent. Bring a charging block and long cord to charge your phone inside your tent.

Main House:

Check in and you will be directed to your private room.

SOCIAL:

[JOIN THE Y4L GLOBAL GODDESS TRIBE ON FACEBOOK!](#)

You will receive an **OMAZING GOODIE BAG** upon arrival! :)

Meals:

Potluck style lunches, dinners and shared snacks. There is a grocery store close by and a refrigerator in the studio. Dinner is shared crock pot meals and sides. Local attendees please sign up to bring hearty and healthy food on the questionnaire that will be emailed out to you after registration.

What to Bring:

Spring Retreat:

- Bathing Suit
- River Shoes with a strap (not flip-flops)
- River towel

Fall Retreat

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- Cowboy boots, if you have them or Mud Boots

All Retreats

- Journal and pen/colored pencils
- Flashlight (not your phone)
- Drum/Percussion item, if you have your own
- Crystal or singing bowls, if you own them
- Lawn/Camp chair, if camping and you have one
- Umbrella
- An offering or planting for the land/studio space is customary, if that resonates with you

Do your Goddess hOMework before leaving for retreat, optional but you will be happy you did it:

- *****Research a Goddess Archetype that resonates with you on google*****
- Learn which Goddess speaks to you right now.
- Why did you choose this particular Goddess?
- Journal about this Goddess or Archetype a bit for a group share activity.

Please purchase and bring a copy of Lisa Ware's book on Amazon: *Yoga 4 Love Tools for Mind, Body and Spirit for a Holistic Lifestyle*. She will sign it for you on a break!

- Bring the Y4L Tools book to the retreat. We will be using it for reference for a few of the workshops..
- Pen
- Colored Pencils, optional for journaling

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Yoga items:

- Your mat!!! Please bring your sticky mat (not a thick foamy mat). If you don't have one go to Ross or Marshalls, they have cute beginner mats for \$10. We have some to borrow if you are flying in.
- Order the latest design of the Y4L GODDESS TRIBE TEE or TANK!!!
 - Pre-order only, we rarely have extras.
 - Make sure to order in time before cut off date. See your email or send an email to teamyoga4love@yoga4love.com for questions on your order, we will invoice you, if pre-ordered via the email
 - Make sure to order online here:
 - We will place your tee in your lovely Retreat GOODIE BAG with your name on it.
- Yoga clothes for 2 HOT yoga classes, Fri and Sat
- Yoga clothes for restorative and partner yoga classes Sun.
- 2 Yoga Blocks, if driving in, again Ross or Marshalls
- 1 Yoga Strap, Ross, Marshalls, Academy or Target
- Coach Amanda has beginner Yoga sets, too
- 2 Bolsters or 2 firm blankets, if not flying
- Meditation cushion, if not flying
- Crystals, healing stones for your personal practice
- 1 Mala bead necklace with 108 beads, not on a stretchy string, Etsy is a great resource for this! We have some extra malas to borrow in studio.
- Incense, sage, palo santo for use during retreat.
- Fresh flowers or plants etc. for an offering for the group

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- Personal Items for the Goddess altar placed in cabin during weekend

Personal Items:

- All bedding, if camping + all gear for your camp
- Facial towel
- Bath towel, if camping. (Towels are provided for the cabin and in the main house.)
- Toiletries
- Your own Coffee/Tea Mug, if local (this cuts way down on dishes)
- Refillable Water bottle, metal or glass if you have one, we have hot and cold filtered water in the cooler in the studio and the house.
- Personal serving-ware reusable place setting. I.e. Travel fork, knife and spoon. We do not use plastic and paper products. (this also helps our kitchen volunteers immensely)

Food, Local attendees bring:

- Meals to share, potluck style, per your sign up, if local.
 - If you do not sign up to provide food please pay for your daily food Ad On in the retreat registration. If you did not sign up and pay for food you may send \$15/day to www.paypal.me/yogatraining or Venmo @yoga4lovelisa
 - Most meals are made Gluten Free and vegan
 - All meals are cooked vegetarian to accommodate our goddesses
 - All are made with love
- Please bring a variety of healthy snacks to share, store in the Man Cave or in the mini fridge in the cabin.

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- You may bring your cooler, if local.
- Ideas for items to bring to share:
 - Fresh Fruit
 - Juice
 - Topo Chico or LaCroix
 - Coffees/teas/cream
 - Nuts
 - Berries

Retreat Payments:

Please make sure you are paid in full via the retreat registration by the cutoff date.

We would like to request to have all balances and payment arrangements discussed and finalized well before you arrive.

It feels best to arrive and be still, present and in a place of receiving, so do your best to take care of this well before arrival.

Kitchen Karma Yoga:

Would love to have 2 people step up for each of the slots 1-3, sign up in the form you will receive via email:

1. Volunteers to help with Breakfast Sat and Sun
2. Volunteers to help with Lunch Fri, Sat and Sun
3. Volunteers for keeping up with tea/coffee, tea cart in studio + mini fridge/cooler items.

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Showers/Septic System:

Upon check in you will sign up for the Evening or Morning Shower schedule, to make sure we have enough hot water. *'Our septic system is as sensitive as a snowflake in the south.'* Please only flush if necessary, place tissue in the trash, unless you need to flush. Use the provided TP and NEVER throw anything in the toilet. Unless you have ate it or drank it, please do not flush it.

*****CEUs for Yoga Alliance and Hours for Y4L Training Program Trainees:**

Inner Goddess Retreats are eligible for CEU's with Yoga Alliance. MUST BE PRESENT FOR EVERY SESSION to receive all hours.

The Texas 3 Day Intensive retreat counts as 40 of your Hands on Hours for Yoga 4 Love Online Training Programs, and one retreat registration is included in tuition!!! Must attend all classes and workshops to gain your hours.

BIO:

Retreat is held by Lisa Ware, E-RYT500, Reiki Master Teacher

[Meet Your Hostess and Presenter](#)

Connect on IG and send a DM to [@yoga4lovelisa](#)

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