

Spring 2022 Retreat Schedule

May 14, 2022

3:00 AM PT / 12:00 CET - Welcome / Mindful Check In (Jerry)
3:05 AM PT / 12:05 CET - Introduction and Poems (Barbora)
3:20 AM PT / 12:20 CET - Meditation in Motion (Yoga) (Barbora)
4:05 AM PT / 13:05 CET - Body Scan (Jerry)
4:50 AM PT / 13:50 CET - Bio Break and Gather Food
4:55 AM PT / 13:55 CET - Mindful Meal (Barbora)
5:30 AM PT / 14:30 CET - Loving Kindness (Shishir Arya)
5:55 AM PT / 14:55 CET - Break
6:00 AM PT / 15:00 CET - Encouragement and Poems (Jerry)
6:10 AM PT / 15:10 CET - *Meditation in Motion (Yoga) (Urszula Bunting)*
6:40 AM PT / 15:40 CET - Body Scan (Special Exploration) (Summer)
7:30 AM PT / 16:30 CET - Mindful Snack Meal (Summer)
7:45 AM PT / 16:45 CET - *QiGong (Marcy Reynolds)*
8:30 AM PT / 17:30 CET - InterPractice Five Element Sit (Barbora and Shishir)
9:15 AM PT / 18:45 CET - Loving Kindness (Barbora)
9:45 AM PT / 18:45 CET - Break
9:55 AM PT / 18:55 CET - *MetaMusic Journey (Laura Inserra)*
10:55 AM PT / 19:55 CET - Silent Sit (Jerry)
11:15 PM PT / 20:15 CET - Meditation with Music (Barbora)
11:40 PM PT / 20:40 CET - Dissolve Silence / Small Groups
11:50 PM PT / 20:50 CET - Epilogue / Stay to Share / Farewell
(All times are approximate)

GUEST INSTRUCTORS

Laura Inserra



Laura is a sound alchemist: a multi-instrumentalist, teacher, music therapist, composer, and producer. She lives and creates at the confluence of music from around the globe, wisdom practices, and cutting edge technology. Her career has been multifaceted — as a performer of ancient & modern instruments, as a composer of soundtracks for movies, theater and dance, as a producer of artistic events and festivals, as a music teacher and as a sound therapist. In the last decade, Laura has been focusing her work on the transformative and therapeutic power of sound. Combining her intimate knowledge of music with her studies of ancient schools of wisdom, she developed her own approach to personal transformation and wellbeing. In person and online, she uses this method in one-on-one sessions as well as in group work, public gatherings, and art installations. Born and raised in Sicily, she now lives in the San Francisco Bay Area and works around the globe. ([Laura was also featured in one of our newsletters.](#))

Marcy Reynolds



Marcy is a long-time student of holistic health having taught yoga, meditation, nutrition, and western herbalism. Chronic Fatigue led her to the self-healing practice of Qigong which has been instrumental in her recovery and continues to bring depth, peace, and healing to her life and the lives of those who practice with her. Marcy has studied with a number of Chinese and American Masters in a variety of traditions. Since she began teaching qigong in 1997, her group classes and individual sessions have reflected this eclectic training while emphasizing Dr. Bingkun Hu's teachings and Wild Goose (Dayan) Qigong.

Urszula Bunting (Imagine Alumna)



Urszula Bunting has a life-long passion for health and wellbeing. Her mission is to build healthy communities and to inspire people to develop a long-lasting healthy lifestyle for their personal growth, healing, and a better world. Her journey with healing arts started eighteen years ago when her son was born with life-threatening food allergies. Later she used her knowledge and experience to recover from chronic Lyme disease and Irritable Bowel Syndrome. Urszula is an experienced yoga teacher specializing in mindful and healing styles of yoga such as Hatha, Restorative, and Yin. Urszula's teachings incorporate yoga philosophy, pranayama (breathing), and Ayurveda (healing system). She is a National Board-Certified Health and Wellness Coach, Brain Longevity Specialist, and a member of the American College of Lifestyle Medicine. She offers in-person and virtual private, individual, and group yoga and coaching sessions. Please visit Urszula's website www.ubwell4life.com to learn more about her classes, workshops, retreats, and coaching programs, and sign up for her monthly newsletter.