An aerial photograph of a tropical beach. The top half of the image shows clear, turquoise water with visible ripples and some darker patches of coral or rocks. The middle section is a wide, white sandy beach. In the lower half, there is a row of palm trees with long, dark shadows cast across the sand. A person is lying on the sand near the water's edge. The entire scene is framed by a large, thin black circle.

Spring Awake Retreat  
April 29-May 6, 2023

# Why Retreat With Us?

To gain inner and outer strength, the keys to creating a healthy mind and open heart:

- 🔑 Claiming your wish for freedom
- 🔑 Placing love & compassion where there is fear
- 🔑 Practices of forgiveness & kindness
- 🔑 Faith, connect to what inspires you
- 🔑 Steadyness and stability in what you believe in

# Daily Dharma

An aerial photograph of a river delta. The river flows from the top right towards the bottom left, branching into several smaller channels. The water is a light, milky color. To the right of the river, there is a dense, lush green forest. The overall scene is captured from a high angle, showing the intricate patterns of the river and the surrounding landscape.

Study Yoga Sutras through both Vedantic and Buddhist perspectives. Gain insight through these ancient philosophical system to support growth strength and connection.

A close-up photograph of green and yellow leaves, possibly from a tropical plant, with a soft, blurred background. The leaves are arranged in a pattern that creates a sense of depth and texture. The colors range from vibrant green to bright yellow, suggesting sunlight filtering through the foliage.

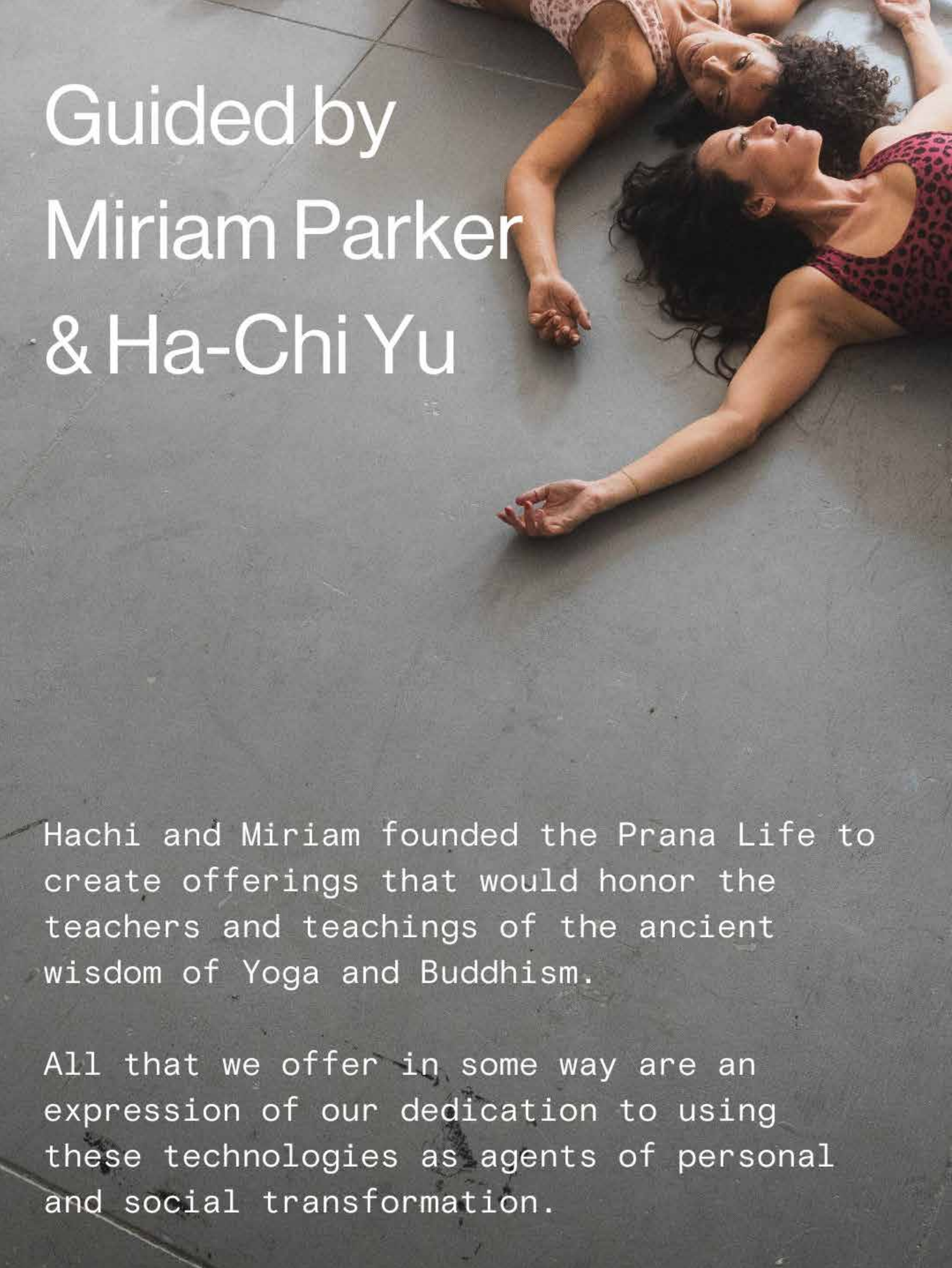
# Spa & Activities

Massage, Body Work,  
Wellness & Detox



Food

Delicious, Fresh, Organic  
Vegetarian Daily Meals

A photograph of two women lying on their backs on a grey, tiled floor. They are in a yoga pose, with their arms extended to the sides and their heads resting on the floor. The woman in the foreground is wearing a red and black leopard print tank top, and the woman behind her is wearing a light-colored patterned tank top. The text is overlaid on the left side of the image.

# Guided by Miriam Parker & Ha-Chi Yu

Hachi and Miriam founded the Prana Life to create offerings that would honor the teachers and teachings of the ancient wisdom of Yoga and Buddhism.

All that we offer in some way are an expression of our dedication to using these technologies as agents of personal and social transformation.