

Back to Center Retreat

With Inga Orth & Tracy Hovde

Sunday, October 12, 9 a.m. – 4 p.m.

9 - 9:15 am: Check in, set up your yoga space, and mingle

9:15 - 9:45 am: Introductions & Overview

Meet your hosts and prepare yourselves for the day ahead. You will learn what inspired Inga and Tracy to invite you to come Back to Center with them.

10 - 11:15 am: Yoga & Meditation

Begin your journey Back to Center with a gentle Hatha yoga practice, led by Tracy, and designed to guide you home to yourself—through mindful movement, breath awareness, and grounding meditation.

Together, we'll move with intention and care, creating space to release tension and restore balance. Breath practices will calm the nervous system, while guided meditation will help anchor you in your body, your breath, and your inner center.

This practice offers soft landing - a space to feel steady, centered, and at home within yourself.

All levels welcome. No experience needed. Please reach out in advance if you have any physical limitations that may require special attention or accommodations.

11:30 am - 12:15 pm: Cooking Demo: Nourishing Lentil Salad with Local, Seasonal Ingredients

Join Inga, a dairy farmer and cheesemaker of nearly 20 years, as she shares how intentional cooking helped her heal from burnout and reconnect with herself. In this hands-on session, you'll learn how to make a wholesome, gluten-free, dairy-friendly lentil salad using fresh, seasonal ingredients sourced locally. Along the way, Inga will share how yoga, self-care, and slowing down in the kitchen guided her back to health after years of overwork and caretaking on the farm.

12:30 - 1:15 pm: Lunch

Lunch will feature the nourishing lentil salad created by Inga during the cooking demonstration. Fresh, flavorful, and grounding, it's the perfect complement to a day of restoration and connection.

- *Lentil Salad (GF with the option of adding cheese)*
- *Sourdough bread and butter (gluten free options available)*
- *Apples and cheese and other things to round out the lunch.*
- *Yogurt parfait and dark chocolate to end lunch*
- *Tea/coffee/spa water*

1:15 - 2:45 pm: Return to You Board

In this creative, hands-on session, we'll pause and reflect on what we truly want for our lives in the season to come—how we want them to look, feel, and grow. Using magazines, cutouts, and art supplies, we'll each create a "Return to You" board: a visual reminder of what we're ready to release and what we're calling in as we find our way back to ourselves. This isn't about perfection or Pinterest-worthy art—it's about getting honest, getting creative, and leaving with something that grounds and inspires you long after the retreat.

3 - 4 pm: Back to Center: A Yoga Nidra Journey

Yoga Nidra, often called "yogic sleep," is a deeply restorative guided meditation that invites the body to rest while the mind remains gently aware. In this session, Tracy will lead you through a grounding Yoga Nidra practice designed to guide you to return to your center—physically, emotionally, and energetically.

Through breath awareness, body scanning, and visualizations, Yoga Nidra helps quiet the mind, release stored tension, and promote a profound sense of inner calm. It's an ideal practice for stress relief, nervous system reset, and reconnecting with your inner self.

No movement required—simply lie down, listen, and receive.