

SEPTEMBER 18-21, 2025

CASA OM POTOMAC

AUTUMN RENEWAL YOGA RETREAT

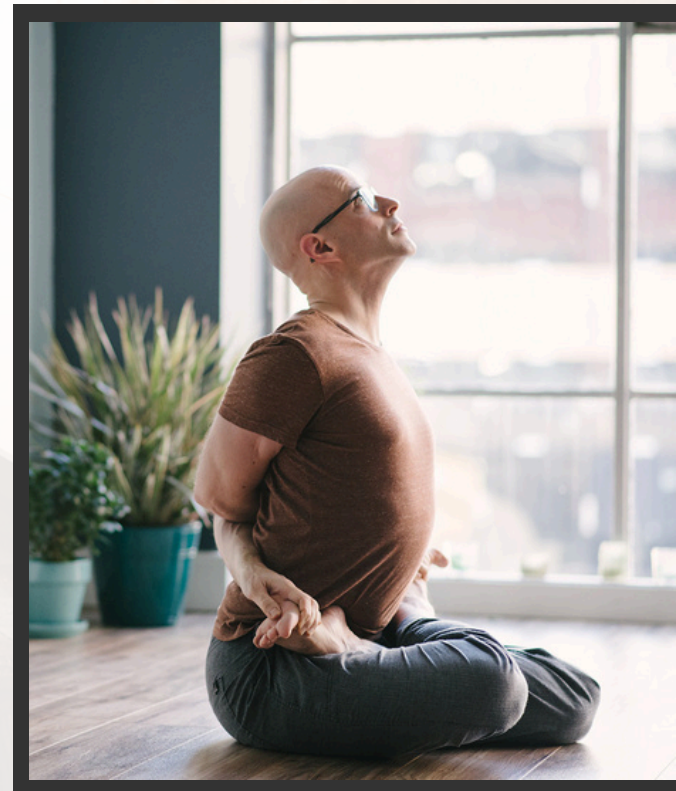
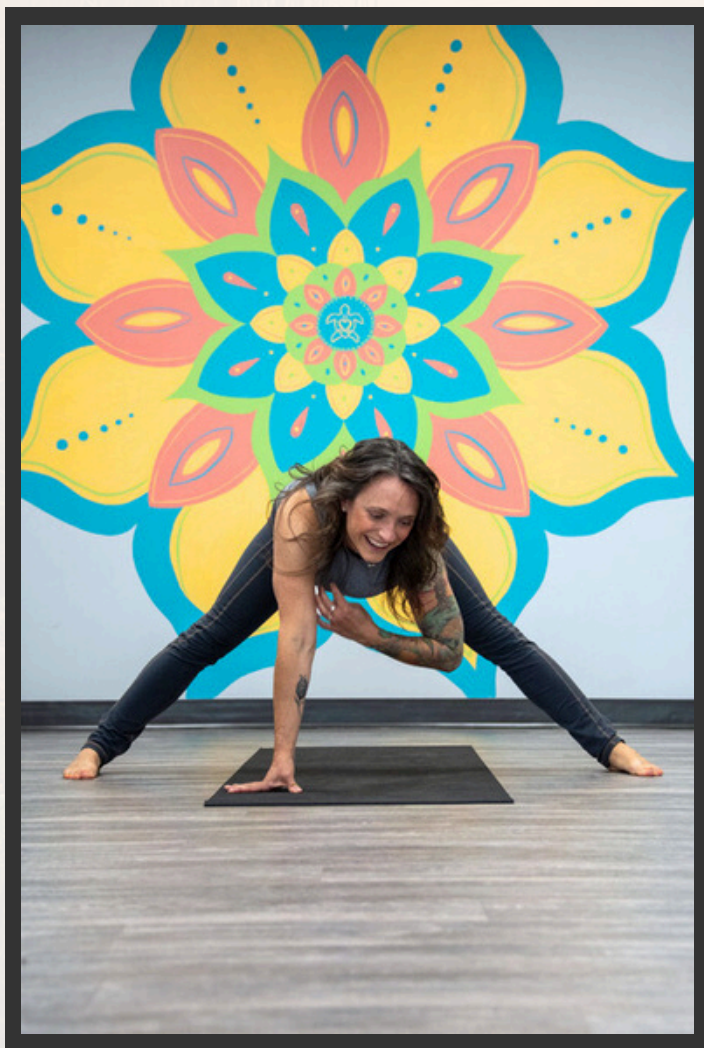


With Andrea Kirkham and Richard Gartner

SANGHACENTERYOGA.COM

A TRANSFORMATIVE WEEKEND

Join hosts Andrea Kirkham and Richard Gartner for a long weekend of rejuvenating practices at the beautiful Casa Om Potomac in the hills of West Virginia. Immerse yourself in nature and nurture with yoga classes for all levels and styles.



RETREAT SCHEDULE*



THURSDAY

4pm	Check-In
4:30pm	Gentle Stretch & Yin
6pm	Dinner
7:30pm	Opening Circle



FRIDAY

7am	Coffee/Tea/Snacks
7:30am	Silent Meditation
8:15am	Vinyasa Flow
10:30am	Brunch
1pm	Fascial Release Ball Work
3pm	Yoga for Lymphatics
6pm	Dinner



SATURDAY

6am	HIIT
7am	Coffee/Tea/Snacks
7:30am	Silent Meditation
8:15am	Myofascial Release
10:30am	Brunch
1pm	Yin for Hips & Spine
3pm	Vinyasa & Breathwork
6pm	Dinner



SUNDAY

7am	Coffee/Tea/Snacks
7:30am	Silent Meditation
8:15am	Vinyasa & Supported Backbends
10am	Brunch
11am	Check-Out

*All sessions are optional. Schedule subject to small changes.

ABOUT CASA OM



Casa Om Potomac is a private yoga mansion featuring:

- Pool
- Hot tub
- Over 50 acres of forest and trails
- Access to the Potomac River
- Vegetarian kitchen
- Bonfire area

PHOTO GALLERY



ANDREA AND RICHARD



**ERYT500, YACEP | Owner,
Sangha Center for Yoga
and Wellness**

Andrea teaches with an eclectic mix of styles with a playful and lighthearted attitude. She has studied the Hatha tradition, with influences of Iyengar, Ashtanga, Anusara and YinYang Yoga.

She founded Sangha Center in April of 2010 and has since continued her studies with master yoga teachers, The California College of Ayurveda and The Ayurvedic Institute to further her guidance to students in the community towards increased health and vitality.



**ERYT500, YACEP | Founder,
Frameworks Yoga**

Since 2005, Richard Gartner has been fostering a non-dogmatic and compassionate attitude about students' abilities and circumstances in Pittsburgh and beyond.

His teachings fuse traditional posture and breathwork with contemporary anatomy and bodywork. He draws from many forms of yoga, fascial release, mindfulness techniques, and common sense.

DETAILS



If the retreat is cancelled by Andrea or Richard, the student will receive a refund of any money paid.

If the student cancels, any refund is dependent on the space being booked by another client. If the space is filled, a full refund can be made minus any fees. If the space is open, no refund will be made.

Casa Om does not allow the following on their property:

- Smoking
- Alcohol
- Drugs
- Meat or fish
- Pets

Any violator of these policies will be asked to leave without refund.

Transportation to/from Casa Om, Massages, Additional Services not included in price.