

# DTY's Suhka Soul Yoga Retreat



Suhka describes a state of happiness, ease, or bliss. Join DTY as we explore the meaning of Suhka. Through yoga sessions, meditation, journaling, outdoor activities, healthy eating, and community we will enhance our mental well-being, spark creativity, and boost productivity at River Mountain. This retreat is all inclusive with luxury accommodations and amenities that matter.

THURSDAY

**04.18.2024**

SUNDAY

**04.21.2024**

