

TEXAS YOGA RETREAT · Saturday, October 17, 2026 · 4:15–6:00 p.m.

Leading Retreat: What It Takes

— Michelle Margaret Fajkus



Session Outline

4:15	Welcome
4:20	Opening asana and pranayama practice
4:35	Why lead retreat?
4:45	Choosing the location and facility
4:57	Pricing and payment ideas
5:10	Movement break
5:20	Marketing and promoting your retreat
5:30	Handling logistics domestically and internationally
5:40	Q & A
5:50	Closing pranayama and meditation

WELCOME

Introductions

If you have led a retreat (or multiple),

Share where and when your last retreat was and a brief summary of your experience as a retreat leader.

If you are currently planning a retreat,

Where and when? What is the theme? How many people would you like to bring (minimum and maximum)?

If you are curious about leading retreat,

What most inspires you to want to lead a retreat? What feels like the most challenging aspect?

A decorative graphic on the left side of the slide consisting of three concentric circles. The innermost circle is a solid orange color. The middle and outer circles are thin, light orange lines.

OPENING PRACTICE

Connecting with our retreat intentions

1 · IS A RETREAT RIGHT FOR YOU?

4 Essential Aspects of Retreat Leadership

1

Your niche

Know your retreat's theme and purpose. Make it unique and something you feel joyful and enthusiastic about sharing.

Your people

Do you have a following and/or a community of students who would likely want to go on retreat with you? Can you think of at least 5 who would sign up? Will you lead on your own or co-lead?

Your timing

Book ideally 9 to 18 months out. Research holidays and weather in the place you plan to hold the retreat. When is the busy tourist season versus off-season, and which would you prefer?

Your role

Teaching
Hosting
Guiding
Holding space
Problem-solving
Coordinating logistics?
(Or hire an assistant, or work with a retreat broker)

Assessing Venues: What to Ask

2



Practice space

Size, floor, sound system, props.



Rooms

Shared and private, bathrooms, beds per room.



Food

Meals included, dietary needs.



Buyout or shared?

Will other groups be on site?



Access

Distance from the airport, transfers.

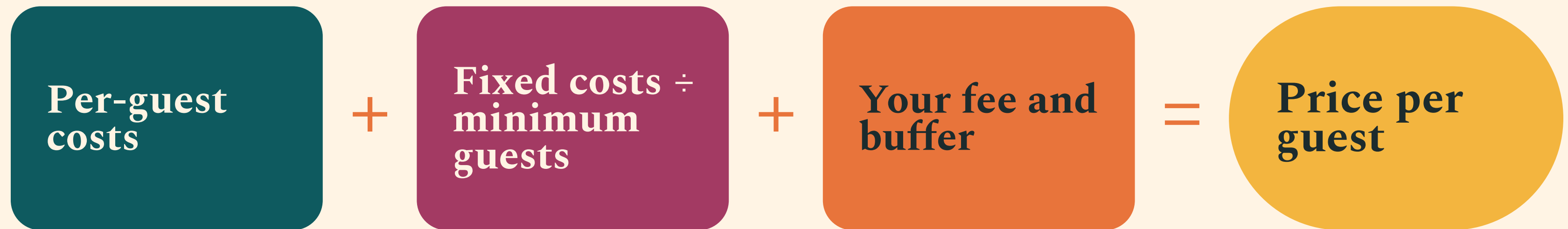


Contract

Rates, deposit, minimum headcount, cancellation.

Calculate Your Rates

3



Post different rates for single, double, and triple rooms. Consider offering an early bird discount with a set cutoff date 4-6 months before the retreat as an incentive.

MOVEMENT and BREATH

Yoga Break

Pre-Retreat Timeline of Tasks

9–12 months



Gauge interest from your community.
Book the venue.
Announce to students, followers, friends, etc.

8 months



Web page live with dates, price, what's included, photos.

7 months



Email your list. Host a free info session.

4 months



Early bird deadline.
Share testimonials.

2 months



Final payments.
Start a WhatsApp group.

Bringing students to a new country

Before you go

- Passports valid 6+ months past travel
- Entry rules for each guest's nationality
- Travel insurance required for everyone
- Liability insurance that covers teaching abroad
- One arrival airport and window

On the ground

- Group airport transfers
- Cash, ATMs, tipping, drinking water
- A WhatsApp group before the trip
- Emergency plan: clinic, local contact
- Hire locally, share cultural notes

Thank you for coming!

Q & A