



Womens Retreat Agenda | February 15 – 16, 2025

Shalom House Retreat Center

15340 Robert Terrell Rd, Montpelier, VA 23192

Saturday, February 15		
10:30 am – 11:00 am	Registration & Refreshments	
11:00 am – 11:30 am	Icebreaker and/or Introductions	
11:30 am - 12:30 pm	<p>Women Matter in Bleeding Disorders</p> <p><i>Women with bleeding disorders face unique challenges that are often unrecognized or underappreciated. Understand some of the special challenges faced by women with bleeding disorders and identify options for emotional support within the community.</i></p> <p>Morgan Cook, Community Education Specialist, Rare Disease – Hematology, Takeda</p>	
12:30 pm - 1:30 pm	Lunch Break	
1:30 pm – 2:15 pm	<p>Yoga Therapy for Women in the Bleeding Disorders Community: Practices for Vitality and Inner Strength</p> <p><i>Women in the bleeding disorders community often balance multiple roles—managing their own health challenges, advocating for loved ones, and caring for family members. This session offers a restorative experience to address the unique physical, emotional, and mental demands of these roles.</i></p> <p>Sarah Blunkosky, M.A., C-IAYT, E-RYT 200; PYT, Certified Yoga Therapist (CYT)</p>	
2:15 pm – 2:30 pm	Break	
2:30 pm – 3:30 pm	<p>Yoga Therapy for Women in the Bleeding Disorders Community: Practices for Vitality and Inner Strength</p> <p>Sarah Blunkosky, M.A., C-IAYT, E-RYT 200; PYT, Certified Yoga Therapist (CYT)</p>	
3:30 pm – 5:00 pm	Break & Check-in to rooms	
5:00 pm – 6:00 pm	Dinner	
6:00 pm – 7:00 pm	Vain Sim Demo and Self Infusion Practice	
7:00 pm	Free Time	
Sunday, February 16		
8:00 am – 11:00 am	Breakfast & Free Time	
11:00 am	Check-out	



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Yoga Therapy for Women in the Bleeding Disorders Community: Practices for Vitality and Inner Strength

Women in the bleeding disorders community often balance multiple roles—managing their own health challenges, advocating for loved ones, and caring for family members. This session offers a restorative experience to address the unique physical, emotional, and mental demands of these roles. Led by Sarah Blunkosky, M.A., C-IAYT, E-RYT 200, PYT, CYT, a certified yoga therapist, this 1.5-hour session invites participants to explore gentle, accessible yoga movements, mindful breathing techniques, and guided relaxation practices. Together, we'll observe, explore, play, move, be still, and shift in a supportive space. Designed for all abilities, this experience is fully accessible, whether practiced on a mat or chair. No prior experience necessary!

Sarah Blunkosky is an integrative education coach, certified yoga therapist, and academic historian dedicated to empowering caregivers, educators, and individuals seeking healing tools for their unique journeys. Drawing on the wisdom of research, writing, and embodied movement, she offers practical and nurturing support to help others thrive. Sarah's professional path began teaching social studies at Open High School in Richmond, Virginia, and evolved during graduate studies in social history. When her daughter's intellectual disabilities and medical needs required a significant lifestyle shift, she redirected her energy toward creating tools for healing and learning.

In 2015, Sarah founded Kinattain by Learning Heroine LLC to share her expertise, offering in-person and online services. Alongside coaching and yoga therapy, Sarah homeschools her children, writes articles, and is currently working on a book addressing healing learning challenges. She also serves as a graduate teaching assistant for Spanda Yoga Therapy School, where she completed her yoga therapy training.

Vain Sim Demo and Self Infusion Practice

Learning to self-infuse is an empowering step for individuals with bleeding disorders. Participants will have the opportunity to practice self-infusion techniques in a safe, supportive environment using vein simulation kits. This session is designed to build confidence and skill in locating veins, proper needle insertion, and infusion procedures. Participants will receive personalized guidance, troubleshooting tips, and answers to questions in a relaxed and judgment-free setting.