

# Once in the Blue Moon

## A Healthy Lunar Retreat at Soyuzivka January 26-28, 2018



### Friday January 26

4:00 Your room is guaranteed for arrival

6:00-7:00 Candlelight- Gentle Yoga Relaxation/Meditation Class with Nadia Ratycz. For more info see: <http://www.nirayoga.com>

7:15-7:30 Welcome Session/Orientation

7:30-8:30 Dinner-Seasonal Fare with Vegetarian/Vegan Dining Options

8:30-9:30 Celestial Group Reading with M. Kelley Hunter. For more info see: <http://heliastar.com/>

9:00-9:45 Body Work available by appointment

### Saturday January 27

7:30am-Fresh fruit, coffee & herbal teas available for early birds in the Soyuzivka Café & Giftshop

8:00-9:00 Yoga Class - Gentle Morning Stretch – MH Library

9:00-10:30 Breakfast - Gluten free alternatives will be available

10:30-12:00 Guided Meditation/Snowshoe Hike to Green Pool

10:30-12:30 Body Work available by appointment

11:30-12:30 Introduction to Qigong - (Chi Kung) means cultivating energy, it is a system practiced for health maintenance, healing and increasing vitality

12:30-1:30 Lunch - Organic healthy choices & nutrient dense whole foods

2:00-3:00 Meditation/Snowshoe Hike to the Green Pool

2:00-4:00 Body Work available by appointment

3:30-4:00 Seasonal warm toddies -Mainhouse Lobby

3:30-5:00 Full Moon Folk Medicine for Winter Health and Longevity with Halyna Shepko. For more info or to schedule private sessions: Call (845) 255-5936 or email [halynashepko@gmail.com](mailto:halynashepko@gmail.com)

5:30-6:30 Moon Infusion - Restorative yoga under the stars

7:30-8:30 Blue Moon Farm to Table Dinner- seasonal eating/comfort food menu

9:00-10:00 Celestial Creative Craft with Stephanie Bello in the Mainhouse Lobby

### Sunday Jan 28

7:30am-Fresh fruit, coffee & herbal teas available for early birds in the Soyuzivka Café & Giftshop

8:00-9:00 Warm up with Morning Invigorating Yoga

9:00-10:00 Body work available by appointment

9:30 Liturgy

10:00 - 11:30 Brunch

12:00 Checkout

**Body Work: 45 min sessions of Massage, Reiki Healing, Aromatherapy, Chakra Healing, and/or Crystals @ \$45/session. Please call Stephanie Bello at (720) 425-3398 or email [stephaniesommerladbello@gmail.com](mailto:stephaniesommerladbello@gmail.com)**

**Early Bird Pricing before January 15<sup>th</sup>, 2018: \$190 inclusive per person based on double occupancy, \$225 inclusive per person based on single occupancy, \$150 inclusive for one night pp/double occupancy.**

**(after January 15<sup>th</sup> package price will increase \$15)**

**Please call (845) 626-5641 or email [soyuzivka.events@gmail.com](mailto:soyuzivka.events@gmail.com) to make your reservations!**

