

A Midsummer's Solstice

Dream Retreat at Soyuzivka June 23-25, 2017



Friday June 23

- 4:00 Your room is guaranteed for arrival
- 6:00-7:00 Special Summer Solstice Eve Candlelight- Gentle Yoga Relaxation/Meditation Class - Mainhouse Library
- 7:15-7:30 Welcome Session/Orientation
- 7:30-8:30 Dinner-Seasonal Fare with Vegetarian/Vegan Dining Options.
- 8:30 Creative Writing Class/Kupala Bedtime Stories for Adults

Saturday June 24

- 8:00-9:00 Yoga Class - Gentle Morning Stretch – Veselka Hall
- 9:00-10:30 Breakfast - Gluten free alternatives will be available
- 10:30-12:00 Guided Hiking - “A Meditation Hike” to the cliffs
- 11:30-12:30 Yoga for Beginner/Intermediate – Veselka Hall
- 11:30-12:30 Vinyasa Yoga with a Ukrainian twist
- 12:30-1:30 Lunch - organic healthy choices - nutrient dense whole foods
- 2:00-3:30 Medi“create”tion - Tap into your playful creative self & take part in this wreath making workshop – Mainhouse Lobby
- 3:30-4:00 seasonal healthy fruits & smoothies -Mainhouse Lobby
- 3:30-5:30 Movie – *A Midsummer Night's Dream* (1999)
| Comedy, Fantasy, Romance | Kevin Kline, Michelle Pfeiffer- Mainhouse Library
- 6:00-7:00 Sweet Dreams - Yoga Wine Down- Restorative yoga for restful sleep
- 6:00-7:00 Introduction to QiGong- (Chi Kung) means cultivating energy, it is a system practiced for health maintenance, healing and increasing vitality.
- 7:30-8:30 Summer Solstice Farm to Table Dinner- seasonal eating menu
- 9:00-10:30 Midsummer Night/ Ivan Kupala Program

Sunday June 25

- 8:00-Fresh fruit, coffee & herbal teas available in the Mainhouse Lobby
- 8:00-9:00 Cool Down with Gentle Yoga – Veselka Hall
- 8:00-9:00 Herb Walk/ Easy Hike to Green Pool
- 9:30 Liturgy
- 10:00 - 11:30 Brunch
- 12:00 Checkout

\$190 inclusive per person based on double occupancy

\$225 inclusive per person based on single occupancy

\$150 inclusive for one night pp/double occupancy

Please call (845) 626-5641 to make your reservations!

