

A Sweet Retreat

for Body & Mind at Soyuzivka

March 17-19, 2017

Join us for a weekend of R&R with yoga, healthy food choices, wine and creative activities, meditation, massage options, hikes, honey tasting and more



Friday March 17

- 4:00 Your room is guaranteed for arrival
- 6:00-7:00 Gentle Yoga Relaxation/Meditation Class - Mainhouse Library
- 7:15-7:30 Welcome Session/Orientation
- 7:30-8:30 Dinner/Meatless Friday Main Dish - with delicious accompaniments
- 8:30 Creative Crafts

Saturday March 18

- 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”
- 10:30-11:30 Yoga for Beginner/Intermediate – Veselka Hall
(Creative Crafts available in Mainhouse at 10:30am)
- 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 & unwind with instant gratification galore! – Mainhouse Lobby
- 4:00-5:00 Tea with Honey tasting and garlic/ginger/honey juicing demonstration for seasonal health & smoothies -Mainhouse Lobby
- 4:00-5:30 Movie - Road to Wellville – Mainhouse Library
- 6:00-7:00 Sweet Dreams - Yoga Wine Down
- 7:30-8:30 Dinner - Wine Tasting Dinner: choices will include a savory mushroom and garlic recipe
- 8:30-10:30 Creative Crafts, Pysanky, Glass Painting

Sunday March 19

- 8:00-Fresh fruit, coffee & herbal teas available in the Mainhouse Lobby
- 8:30-9:30 Cool Down with Gentle Yoga – Veselka Hall
- 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!

