

Green Holidays Gathering

A Retreat for Health & Wellness

Soyuzivka Heritage Center May 25th-27th, 2018



Friday, May 25th

- 4:00 Your room is guaranteed for arrival
- 6:00-7:00 Gentle Yoga Relaxation and Meditation Class
- 7:15-7:30 Welcome Session & Orientation
- 7:30-8:30 Dinner - Seasonal Fare with Vegetarian and Vegan Dining Options
- 8:30- Creative Session - Green Ritual Stories- Group activity TBA

Saturday, May 26th

- 8:00-9:00 Yoga Class - Wake Up Morning Stretch
- 9:00-10:30 Breakfast - Gluten free alternatives will be available
- 10:30-12:00 Guided Hiking - "A Meditation Hike" to the cliffs. Collecting the Green.
- 12:30-1:30 Lunch - organic healthy choices - nutrient dense whole foods
- 1:30-2:30 Facial yoga -incorporates yoga, breathing, and facial exercises for facial rejuvenation. Learn techniques to help you with fine lines, relaxation of the face.
- 2:30-3:30 Qigong/Tai Chi green walk - cultivating energy for health, maintenance and increasing vitality
- 3:30-5:30 Healthy Happy Hour - seasonal healthy fruits & green smoothies and herbal wreath making workshop
- 5:30-6:30 Sweet Dreams - Restorative (or Yin) yoga - passive postures for connective tissue and fascia
- 7:30-8:30 Green Gathering Farm to Table Dinner - seasonal eating menu
- 9:00-10:30 Celebration Evening Drumming and Dance Program

Sunday, May 27th

- 8:00 Fresh fruit, yogurts, coffee & herbal teas available in the Mainhouse Lobby
- 8:00-9:00 Energize with Gentle Yoga
- 9:30 Liturgy
- 10:00 - 11:30 Brunch
- 12:00 Checkout

Bodywork: 45 min sessions of Massage, Reflexology, Aromatherapy, Chakra Healing, and/or Crystals @ \$50/session
\$190+tax per person based on double occupancy, \$225+tax per person based on single occupancy, \$150+tax for one night pp/double occupancy. Drop-in classes will be available!

Please call (845) 626-5641 or email soyuzivka.events@gmail.com to make your reservations



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