



## Celebrate the Wolf Moon – A Snowshoe and Yoga Winter Wellness Retreat Friday January 18 to Sunday January 20, 2019 - Tentative Itinerary

### Friday January 18

- 4:00 Your room is guaranteed for arrival - Check in
- 6:00-7:00 Aromatherapy Yoga Relaxation Class
- 7:15 Orientation - Main Building: Dining Room
- 7:30-8:30 Dinner - Seasonal Comfort Fare with vegetarian dining options
- 9:00-10:00 Group session: **Awaken your Creativity –Connect to your Animal Spirit**

### Saturday January 19

- 7:30 Fresh fruit, herbal teas, coffee alternatives
- 8:00-9:00 Yoga Class - Gentle Morning Stretch
- 9:00-10:00 Farm to Table Breakfast - gluten free alternatives will be available
- 11:00-12:00 Gentle Yoga and/or Qigong - (Chi Kung) means cultivating energy, it is a system practiced for health maintenance, healing and increasing vitality
- 10:00-12:00 **Spa open** for sauna detox and/or OpenAir Hot Tub - by appointment
- 12:30-1:30 Seasonal Lunch - organic healthy choices - nutrient dense whole foods
- 2:30-4:30 Guided Snowshoe Hike to the Green Pool
- 2:30-4:30 **Spa open** for sauna detox and/or OpenAir Hot Tub - by appointment
- 5:00-6:00 Healthy Happy Hour - Warming Winter Drinks that Cheer Us
- 6:00-7:00 Sweet Dreams - Yoga Wind Down - Restorative yoga for restful sleep
- 7:30-8:30 Warming Farm to Table Dinner- seasonal eating menu
- 9:00-10:30 Medi'create'tion - Tap into your playful creative self with Yoga Dance and/or take part in this Artisanal Craft Workshop

### Sunday January 20

- 8:00 Fresh fruit, coffee & herbal teas available
- 8:00-9:00 Cool Down with Gentle Yoga
- 8:00-9:30 **Spa open** unwind with sauna detox and/or OpenAir Hot Tub - by appointment 9:00-
- 10:00- Self guided Snowshoe walk on Soyuzivka grounds - sign-up sheet
- 9:30 Liturgy
- 10:00 - 11:30 Brunch
- 12:00 Checkout

*Body work, massage therapy, apitherapy, reiki, readings, private yoga sessions, other healing sessions available by appointment (Please sign up in advance)*

**\$190+tax per person - double occupancy, \$225+tax per person - single occupancy,  
Drop-in classes available! Please call (845) 626-5641 or email  
soyuzivka.events@gmail.com to make your reservations**



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