

"Greeting the Summer Solstice"

A Retreat for Health & Wellness

At Soyuzivka Heritage Center June 14-16, 2019



Friday June 14

- 4:00 Your room is guaranteed for arrival
- 6:00-7:00 Gentle Yoga / Aromatherapy Class with Nadia R
- 7:15-7:30 Welcome Session/Orientation
- 7:30-8:30 Dinner-Seasonal Fare with Vegetarian/Vegan Dining Options
- 8:30 Creative Session/ Green Ritual Stories and or psychic/group reading with Kelley Hunter

Saturday June 15

- 7:00 -8:00 Fresh fruit, light fare, coffee, herbal teas in Main Lobby or Library
- 7:30-8:00 Advanced Warm up with Stephanie K S
- 8:00-9:00 Yoga Class – Wake Up Gentle Flow Morning Stretch with Stephanie
- 9:00-10:30 Breakfast - Gluten free alternatives will be available
- 10:30-12:00 Guided Hiking - "A Meditation Hike" to the cliffs with Stephanie. Collecting the green
- 11:30-12:30 Qigong/ Tai Chi green walk with Martha –cultivating energy for health, maintenance and increasing vitality
- 12:30-1:30 Lunch - organic healthy choices - nutrient dense whole foods
- 2:00-3:00- Meditation Hike to Green Pool - TBA
- 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 /Kupala Dance

Sunday June 16

- 7:00-Fresh fruit, yogurts, coffee & herbal teas available in the Mainhouse Lobby
- 7:30-8:00 –Pre- gentle Vinyasa Warmup with Luciana
- 8:00-9:00 Energize with Gentle Flow Yoga with Stephanie
- 9:30 Liturgy
- 10:00 - 11:30 Brunch
- 12:00 Checkout

Massage, Reiki, Healing sessions and Spa Sauna Detox/Hydrotherapy - available by appointment.

\$210+tax per person - double occupancy, \$260+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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