

Once in the Blue Moon

A Healthy Lunar Retreat at Soyuzivka January 26-28, 2018



Friday January 26

- 4:00 Your room is guaranteed for arrival
- 6:00-7:00 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
- 8:30-9:30 Creative Writing Class/Storytelling/Journaling
- 9:00-9:45 Body Work available by appointment

Saturday January 27

- 8:00-9:00 Yoga Class - Gentle Morning Stretch – MH Library
- 9:00-10:30 Breakfast - Gluten free alternatives will be available
- 10:30-12:00 Guided Meditation/Snowshoe Hike to Green Pool
- 10:30-12:30 Body Work available by appointment
- 11:30-12:30 Introduction to Qigong - (Chi Kung) means cultivating energy, it is a system practiced for health maintenance, healing and increasing vitality
- 12:30-1:30 Lunch - Organic healthy choices & nutrient dense whole foods
- 2:00-3:00 Meditation/Snowshoe Hike to the Green Pool
- 2:00-4:00 Body Work available by appointment
- 3:30-4:00 Seasonal warm toddies -Mainhouse Lobby
- 3:30-5:00 Full Moon Folk Medicine for Winter Health and Longevity
- 5:30-6:30 Moon Infusion- Restorative yoga under the stars
- 7:30-8:30 Blue Moon Farm to Table Dinner- seasonal eating/comfort food menu
- 9:00-10:30 Celestial Group Reading

Sunday Jan 28

- 8:00-Fresh fruit, coffee & herbal teas available in the Mainhouse Lobby
- 8:00-9:00 Warm up with Morning Invigorating Yoga
- 9:00-10:00 Body work available by appointment
- 9:30 Liturgy
- 10:00 - 11:30 Brunch
- 12:00 Checkout

Body Work: 45 min sessions of Massage, Reiki Healing, Aromatherapy, Chakra Healing, and/or Crystals @ \$45/session. Please call Stephanie Bello at (720) 425-3398 or email stephaniesommerladbello@gmail.com to reserve your bodywork session before January 15th, 2018.

Early Bird Pricing before January 15th, 2018: \$190 inclusive per person based on double occupancy, \$225 inclusive per person based on single occupancy, \$150 inclusive for one night pp/double occupancy. (after January 15th, package price will increase \$15)

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

