



“Celebrate the Snow Moon – A Snowshoe and Yoga Winter Wellness Retreat”

Friday January 31 -Sunday February 2, 2020 Itinerary

Friday January 31

4:00- Your room is guaranteed for arrival – Check in

6:00-7:00 Aromatherapy Yoga Relaxation Class by Candlelight - MH Library or TBA

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 February 1

7:30- Fresh fruit, herbal teas, coffee alternatives in Library or TBA

8:00-9:00 Yoga Class - Gentle Morning Stretch –

9:00-10:00 Farm to Table Breakfast/ Gluten free alternatives will be available

11:15-12:30 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 Open-Air hot tub- by appt

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:** sauna detox and/or Open-Air hot tub- by appt

5:00-6:00 Healthy Happy Hour: Warming Winter Drinks that Cheer Us-Kyiv Lobby or TBA

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 TBA

9:00-10:30 Medi“create”tion - Tap into your playful creative self and take part in this Artisanal Craft workshop – Mainhouse Lobby or TBA

Sunday February 2

8:00-Fresh fruit, coffee & herbal teas available in the Mainhouse/Kyiv Lobby

8:00-9:00 Warm up with Gentle Yoga – TBA

8:00-9:30 **Spa open:** Unwind with sauna detox and/or Open-Air Hot tub- by appt

9:00-10:00 Snowshoe Meditation walk on Soyuzivka grounds – sign-up sheet

9:30 Liturgy

10:00 - 11:30 Brunch

12:00 Checkout

**Cost for 2 nights double occupancy, 5 delicious meals, all activities: \$ 250 double occupancy
Single occupancy \$300. Please sign up in advance. Mainhouse rooms book quickly.**

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



216 Foordmore Road Kerhonkson, New York 12446 (845) 626-5641 www.Soyuzivka.com

