

# SPRING AWAKENINGS

A REJUVENATING RETREAT at Soyuzivka March 22-24, 2019  
TO REFRESH HEALTH AND WELLNESS



## Friday March 22, 2019

- 4:00pm Your room is guaranteed for arrival
- 6:00-7:00pm Aromatherapy relaxation yoga with Nadia - Mainhouse Library
- 7:15-7:30pm Welcome Session/Orientation
- 7:30-8:30pm Meatless-Seasonal Fare with Vegetarian/Vegan Dining Options.
- 8:30pm Creative Session/ Introduction to the Art of Pysanky- Lesia K

## Saturday March 23

- 8:00-9:00am Yoga Class – Wake Up Morning Yoga with Stephanie K S – TBA
- 9:00-10:00am Breakfast to order - Gluten free alternatives will be available
- 10:15-11:00am Yoga Nidra Meditation session
- 11:15am-12:30pm Qigong/ Tai Chi green walk –cultivating energy for health, maintenance and increasing vitality
- 12:30-1:30pm Lunch - organic healthy choices - nutrient dense whole foods
- 2:00-3:30pm Meditation Hike to Green Pool or Cliffs with Stephanie K
- 4:00-5:30pm Healthy Happy Hour -seasonal healthy detox fruits & green smoothies –Main Lobby/Gazebo
- 5:30-6:30pm Sweet Dreams Yin Yoga with Luciana–passive postures for connective tissue and fascia
- 7:30-8:30pm Farm to Table Dinner- seasonal eating menu
- 9:00-10:30pm Evening Creative Program –Pysanky Ukrainian Egg Design Workshop-Lesia K

## Sunday March 24, 2019

- 8:00am Fresh fruit, yogurts, coffee & herbal teas available in the Mainhouse Lobby
- 8:00-9:00am Restorative Yoga – TBA
- 9:00-10:00am Yoga Nidra Meditation session- TBA
- 9:30am Liturgy
- 10:00 - 11:30am Brunch
- 12:00pm Checkout

**Massage, Reiki, Healing sessions and Spa Sauna Detox/Hydrotherapy - available by appointment. Please sign up Friday or reserve in advance.**

**\$200+tax per person - double occupancy, \$250+tax per person - single occupancy, Drop-in classes available! Please call (845) 626-5641 or email [soyuzivka.events@gmail.com](mailto:soyuzivka.events@gmail.com) to make your reservations**



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