

# Spring Fling Retreat

for Body & Mind at Soyuzivka  March 23-25, 2018

*Join us for a weekend of R&R with yoga, healthy food choices, wine and creative activities, meditation, massage options, hikes, spring detox teas and more*



## Friday, March 23

- 4:00 Your room is guaranteed for arrival
- 6:00-7:00 Sweet Dreams: Gentle Yoga Relaxation
- 7:15-7:30 Welcome Session / Orientation
- 7:30-8:30 Dinner-Seasonal Fare with Vegetarian/Vegan Dining Options.
- 8:30-9:30 Creative craft/ Storytelling/ Journaling
- 9:00-9:45 Body Work available by appointment

## Saturday, March 24

- 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/ Hike to Green Pool
- 10:30-12:30 Body Work available by appointment only
- 11:30-12:30 Introduction to QiGong- (Chi Kung) it is a system practiced for health maintenance
- 12:30-1:30 Lunch - organic healthy choices - nutrient dense whole foods
- 2:00-3:00 Meditation/ Snowshoe Hike to the Cliffs
- 2:00-4:00 Body Work available by appointment only
- 3:30-4:00 Seasonal warm detox teas and honey -Mainhouse Lobby
- 3:30-5:00 Spring Cleaning for Health and Longevity
- 5:30-6:30 Restorative yoga –gentle poses to help the body release toxins and increase vitality
- 7:30-8:30 Farm to Table Dinner- seasonal eating/local menu when available
- 9:00-10:30 Creative craft/ Pysanky workshop

## Sunday, March 25

- 7:30 Fresh fruit, coffee & herbal teas available in the Mainhouse Lobby
- 8:00-9:00 Refresh with Morning Invigorating Yoga
- 9:00-10:00 Body work available by appointment
- 9:30 Liturgy
- 10:00 - 11:30 Brunch
- 12:00 Checkout

**Bodywork: 45 min sessions of Massage, Reflexology, Aromatherapy, Chakra Healing, and/or Crystals @ \$50/session**

***\$190+tax per person based on double occupancy, \$225+tax per person based on single occupancy, \$150+tax for one night pp/double occupancy***

**Please call (845) 626-5641 or email [soyuzivka.events@gmail.com](mailto:soyuzivka.events@gmail.com) to make your reservations for the retreat or to schedule your bodywork session**



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