

# Healthy NEW YEAR!



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January 18-20, 2019 - "Celebrate The Wolf Moon-A Snowshoe and Yoga Winter Wellness Retreat"

March 22-24, 2019 - "Spring Reset into Wellness and Self Care"

May 24-26, 2019 - "Green Holidays - Preview to the Summer Solstice- A Revitalization of the Senses"



216 Foordmore Road Kerhonkson, New York 12446 (845) 626-5641 [www.Soyuzivka.com](http://www.Soyuzivka.com)