

Memorial Day Yoga Retreat

Berkeley Springs, West Virginia

You've always dreamed of that ultimate yoga escape...

A yoga retreat in a beautiful and natural environment, far removed from your everyday life but only 1.5 hour from DC. This retreat is designed for those wanting to get away for a weekend to remember. The retreat will inspire all levels of practitioner through a combination of attentive instruction and fun sequences to open the body and revive the spirit. The serenity of the surroundings will invigorate and empower. Delicious, organic vegetarian meals cooked with love by our gourmet goddess.

Schedule

Saturday May 24 & Sunday May 25

10 am - 12 pm - Yoga

Lunch

Free Time

5:30 - 7 pm - Yoga

Dinner

Sunday 5:30 will be Flying Yoga FUNdamentals

Monday May 26, Memorial Day
(Great time to hike in the National Park)

10am - 12:15 Yoga

Inspired Cooking! Optional class with our retreat chef, Grace Lichaa. Learn to cook simple, healthy and delicious vegetarian meals. Cost \$25.

Accommodation Options

Berkeley Springs is a spa town. Rooms go quickly on long weekends. Please register early. The Serendipity Retreat house has limited space: 1 double room for \$150 and a triple room, \$120 per person. Please visit berkelysprings.com. options. We recommend (these rooms include free breakfast):

Best Western Inn - \$79/night, double room, 2 queen sized beds. Pool, cable and internet. Closest to the retreat house. (304) 258-9400 or (866) 945-9400.

Highlawn Inn - HighlawnInn.com to make reservations or call (888) 290-4163 or (304) 258-5700.

To register and for more information contact :

Vanessa, MakeYoga_NotWar@Yahoo.com; Mike, Graglia@Gmail.com or Visit MakeyogaNotwar.com

Mike Graglia - RYT, was certified by Sri Dharma Mittra in NYC. He studied with Kartik Master, Rusty Wells, Janet Stone, Ana Forrest, and Lisa Farmer. Mike offers a challenging multi-level class so all students find an enjoyable level of challenge. He teaches Level 2 and 3, Midnight Yoga, Acro Yoga and at Flow Yoga Center.

Vanessa King RYT 500 has been doing yoga for many lifetimes. She believes that yoga classes should be empowering, informative and fun! She is known for her insights into poses and her clear, supportive teaching style. She's an Anusara Inspired teacher.



Free Time

Berkeley Springs is a retreat town with many offerings:

- Hot springs
- Spas for a massage or other treatment
- Hikes and walks
- Shopping at the antique malls or prime outlets
- Take a well deserved nap or read a book too!

The Retreat Package: includes all yoga classes and delicious, organic vegetarian meals..

Does not include accommodation. \$175 by March 31. \$190 after.

Cancellations subject to a 20% admin fee. No refunds after May 15.

Space is limited.

