



Yoga & Meditation Wellness Retreat

at the
Lake Clear Lodge
Fri. - Sun.
Sept 14 - 16

**Nourish Your
Multi-dimensional Body**

You are invited 'Back in the Healing Woods' to unplug from your daily 'to do' list. The Lake Clear Lodge, rich in history, and old world charm, awaits you as host for this Yoga & Meditation Wellness Retreat.

Take time to ...

- Recollect yourself completely
- Experience inspiring practices rooted in classical yoga—eight fold path
- Deepen your awareness of what's most essential
- Connect with nature and feel too all the elements alive within
- Learn about nutritional energetics—Cathy's Culinary Naturopathy

Leave renewed and with a greater sense of wholeness.

The Yoga movement is adaptive so everyone can participate comfortably.
(Please contact the presenter if you have particular concerns or questions).

Weekend exchange: \$489 includes 2 nights lodging (quad occupancy in a private chalet with kitchen and fireplace (other options such as a private room or private spa chalet are available), meals: 2 breakfasts, 1 lunch and 2 dinners, 5 yoga / meditation sessions, cooking demo, use of canoes and kayaks, bikes, nature trail, waterfront property and more. Free gift for early bird bookings received by 8/16: Receive your Introduction to Nutritional Energetics package—a digital online class to access when you return home to continue Nourishing Your Multi-dimensional Body (value \$250).



Presenter: Mary Bartel, C-IAYT, E-RYT-500
Structural Yoga Therapist, Mindfulness & iRest Yoga Nidra Meditation Instructor

INNER QUEST YOGA

518-354-2425

mary@innerquestyoga.net

www.innerquestyoga.com



NOURISHING THE MULTI-DIMENSIONAL BODY

@ LAKE CLEAR LODGE & RETREAT

Friday - Sunday, Sept 14 - 16, 2018

Weekend Flow

(all programming is optional)

Friday

- Arrive anytime in the afternoon
- 4 PM Check-into rooms
- 4:30 PM Yoga & Yoga Nidra Meditation
- 6:30 PM Dinner • Orientation

Saturday

- 8 AM - Yoga & Meditation
- 9:30 AM - Breakfast
- 10:30 AM - Meditation and Discussion: Nourish your Multi-dimensional Body
- 12:30 - Free Time, cooking demo, walk, bike or paddle
- 4:30 PM - Sound Healing Meditation
- 6:15 PM - Dinner
- 7:45 PM - Free Time

Sunday

- 8:30 AM - Yoga & Meditation
- 9:15 AM - Breakfast
- 10:30 AM - Gather for closing / sharing
- 12 - Check-out
- Continue to enjoy the property at your leisure