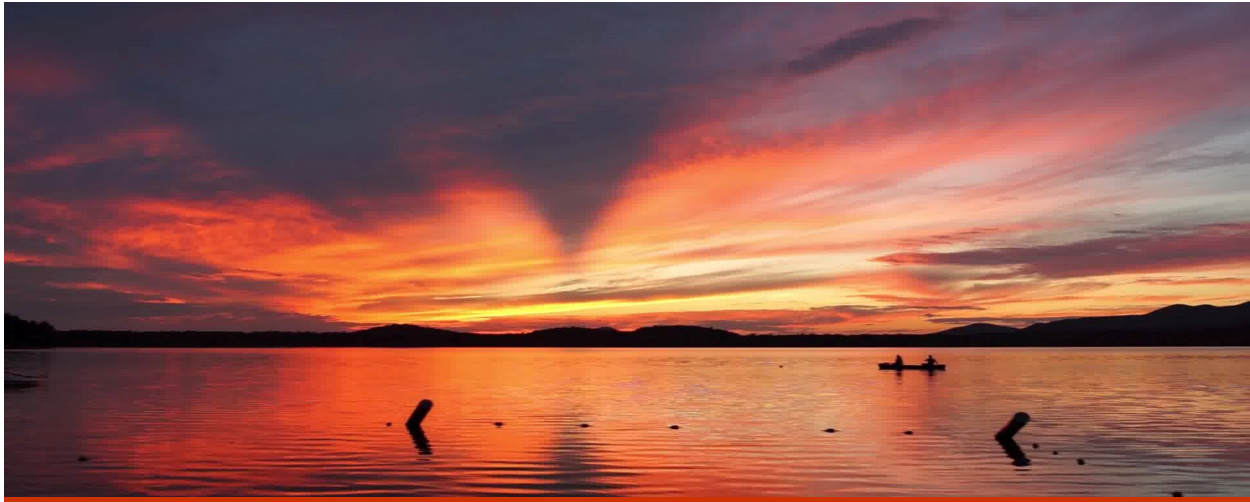


Yoga & Mindfulness Wellness Weekend

At the Lake Clear Lodge - Fri. - Sun. Oct. 27 - 29



Nourish Your Multi-dimensional Body

Do you need a respite to unplug from the daily demands of your life?

This retreat will provide you with the opportunity for exploring the magnificence of your multi-dimensional body and feeling nourished on your deepest soul level.

- **Let-go ... Let-be ... Dive Inward**
- **Recollect and reconnect with your whole sense of being**

Come:

- Experience yoga and meditation practices that are progressively enlightening, rooted in the classical yoga teachings from the great sage Patanjali's eight limbed path.
- Experience mindfulness meditations and teachings from the Buddha, which guide practitioners to greater awareness.
- You'll be guided in deepening your sensitivity, to experience your multi-dimensionality from the densest of feeling sensations to the subtlest, and feel how all is interconnected.

Leave renewed ... and with a sense of wholeness.

*The Yoga movement is adaptive and for every body
(Please contact the presenter if you have concerns or questions).*

Weekend fee: \$375, two nights lodging (double occupancy room) - early bird til Oct 20, \$415 thereafter, two breakfasts and two dinners, 5 yoga / meditation session, cooking demo, use of canoes and bicycles, nature trail, waterfront property. Click to see the full schedule.

*This Yoga and Meditation Retreat may be combined with events from the
Convergence of Wellness Retreat - October 25-30
Extend your stay or enhance your weekend experience [click here](#) for more information.*



Presented by Mary Bartel, C-IAYT, E-RYT-500
Mindfulness & iRest Yoga Nidra Meditation Instructor

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**Nourish Your Multi-dimensional Body
@ Lake Clear Lodge
Oct. 27-29, 2017**

Weekend Flow

Friday

- Arrive anytime in the afternoon
- 4 PM Check-into rooms
- 5:00 PM Yoga & Meditation
- 6:30 PM Dinner
- Fireside Orientation

Saturday

- 7:30 AM - Meditation and Yoga
- 9:15 AM - Breakfast
- 10:30 AM - Walking meditation on the lake trail
- 12:30 - Free Time, Cooking demo, paddling, biking
- 4:30 PM - Gentle Body Sensing Yoga and Yoga Nidra Meditation
- 6:15 PM - Dinner
- 7:45 PM - Free Time

Sunday

- 7:30 AM - Meditation and Yoga
- 9:15 AM - Breakfast
- 10 AM - Gather for closing / sharing
- 12 - Check-out
- Continue to enjoy the property at your leisure