

Yoga and Self-Massage in the Catskills

with Laurel Beversdorf at Heathen Hill - October 4th-6th

Treat yourself to a weekend of fresh, mountain air on ten secluded acres of rolling hills and sweeping vistas at the charming Heathen Hill Yoga Center. Laurel will help you unwind physically and mentally with creatively and playfully constructed practices to help rejuvenate your body. The time is yours to use as you wish; Swim in the swimming hole, unwind in the hot tub, walk around and appreciate the flowers and the chickens, play badminton, bocce or Scrabble, sit under a tree and read a book. At night, enjoy some s'mores and sip on some wine around the campfire. Stargaze. Finally, fall asleep to the lullaby of the mountains. Many have described Heathen Hill as a magical place. Come and find out for yourself! www.heathenhill yoga.net

Yoga Practice



The yoga practice will be beneficial for all levels of practitioners (absolute beginners are welcome!), and include a self-massage component using Yoga Tune Up® Therapy Balls.

Meals (mainly vegetarian)



Breakfast

- Self-serve: coffee, tea, juice, fruit, yoghurt, breads, spreads, etc.

Lunch

- Enjoy a delicious home grown meal outside at the picnic table.

Dinner

- Candlelight, music and sangria accompany this scrumptious feast in the Plum House.

Brunch

- Pancakes, berries, very locally grown eggs, and bacon (optional).

Friday	Saturday	Sunday
After 4:00 pm	7:30-9:30 Breakfast	7:30-9:30 Breakfast
	9:30-11:30 Yoga	9:30-11:30 Yoga
Arrival	12:00 - 1:00 Lunch	12:00 - 1:00 Lunch
Relaxation & Cocktails (BYOB)	1:00 - 5:00 Free Time	2:00 Departure
	5:00 - 7:00 Yoga	
	7:30 Dinner	

Getting There

Heathen Hill is a 3 1/2 hour drive from NYC. Traditionally people carpool, splitting the cost of gas and tolls with the driver. If there are not enough car-owners, car rental can be arranged and costs will be shared. Public transportation is available, however, due to the 5 hour travel time and \$110 round-trip cost, car-pooling is preferred.

Heathen Hill is located at 810 Heathen Hill Road in Franklin, NY 13775. GPS directions are often unreliable. For printable directions, please visit the Heathen Hill website at www.heathenhill yoga.net.

Pricing (includes yoga & meals)



Shared Double - \$400/person

- Rooms in the Yoga House have 2 twin beds. The "Honeymoon Sweet" in LeTrailer has a double bed.

Single - \$475

- A cute and comfy single room with a single bed in Le Trailer awaits you.

Camping Luxe - \$380/person

- Consider double-occupancy, palatial tents with Martha Stewart-would-be-proud decor like mattresses, chairs and lanterns. BYO bedding and towels.

To reserve your spot, contact Laurel at laurelbeversdorf@gmail.com