

# Yoga and Self-Massage in the Catskills

with Laurel Beversdorf at Heather Hill - October 10th-12th

Treat yourself to a weekend of fresh, mountain air on ten secluded acres of rolling hills and sweeping vistas at the charming Heather 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 Heather Hill as a magical place. Come and find out for yourself! [www.heathenhill yoga.net](http://www.heathenhill yoga.net)

Friday	Saturday	Sunday
After 4:00 pm	7:30-9:30 Breakfast	7:30-9:30 Breakfast
	9:00-11:30 Yoga	9:00-11:30 Yoga
Arrival	12:00 - 1:00 Lunch	12:00 - 1:00 Lunch
Relaxation &	1:00 - 5:00 Free Time	2:00 Departure
Cocktails	5:00 - 7:30 Yoga	
(BYOB)	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. Car rental can be arranged if needed and costs will be shared. In addition, public transportation is available. Inquire at [laurelbeversdorf@gmail.com](mailto:laurelbeversdorf@gmail.com) for details.

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](http://www.heathenhill yoga.net).

To reserve your spot, contact Laurel at [laurelbeversdorf@gmail.com](mailto:laurelbeversdorf@gmail.com)

## 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).

## Pricing (includes yoga & meals)



### Shared Double - \$425/person

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

### Single - \$500

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

### Camping Luxe - \$400/person

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