

Basic Three-Day Retreat Program Schedule

Friday:

2 - 7pm

Arrivals

No more driving is necessary once you park for the weekend! Enjoy self-practice or meditation in the Yoga studio, walk to the village, or take a nap and no one will disturb you! Schedule your weekend massage at this time.

7 pm

Meet and Greet Dinner

Enjoy a delicious vegetarian meal and get to know your fellow yogis.

8:30 pm

Restorative Yoga

Gentle practice to recover from your travel day and a full tummy followed by a short meditation.

Saturday:

8:30 - 9:30 am

Breakfast

10 - 11:30 am

Yoga program with optional meditation

12 - 1 pm

Lunch

1 - 5 pm

Flex time

Use your time for massages, a lecture or an additional tour.

5 - 6:30 pm

Yoga program or upgrade to a silk sling lesson.

7 - 8 pm

Dinner

8 pm

Flex time

Sunday:

8:30 - 9 am

Light Breakfast

9:30 - 11:30 am

Yoga

11:30 - 12:30 pm

Farewell Brunch

12:30 pm

Retreat concludes

Room check out, stay the day and leave your bags!

Typical Retreat Menu

Breakfast:

Fresh fruit, homemade granola loaded with freshly toasted nuts, farm-style breads and preserves, Vermont cheeses, steel cut oats, eggs, coffee, teas, and hot cocoa.



Lunch:

Homemade soup or bisque, fresh themed garden salad, a homemade healthy cookie or snack, sparkling water with lemon and ginger.

Dinner:

Grilled fish, chimichurri, roasted rosemary potatoes, grilled asparagus, homemade cranberry chutney, farm bread and vegan chocolate mousse.

We make every effort to accommodate dietary and religious eating requirements. We can serve gluten-free, or other special dietary needs with advanced notice.

Water is served all day long but a freshly made green drink or smoothie can really pick you up after a day of activities!



Taking your group hiking, kayaking or snowshoeing? We will create an amazing picnic-to-go for a break while on your adventure!



Add on tours

Minimum of six participants or the equivalent rate. Rates below are per person. Full day tours include picnic. *A guide is necessary when rentals are used and should be booked 30 days out. Times include set up and transport. Subject to change due to participation, weather or other prevailing circumstances.



Kayaking/SUP*

- Take your group out for a half day to an inspiring local pond. Spend three hours on still waters taking in the natural beauty of Vermont! If it is warm, plan to take a dip off a small beach area
- Plan a full-day excursion, skip a yoga class and do some meditation on a grand pond, half an hour from YogaBnB. Half-day guided tour \$90, \$150 full day program.

Biking*

Think cycling in the mountains would be too tough? Think again! Take a three- or six-hour cycling tour to match your group's abilities. Either winding country roads or the challenge of rising and falling hills. E-bikes also available for \$35 more!
Three hours \$90, or six hours \$150.



Hiking



Grab a map and take a self-guided hike around Stratton Mountain or reserve your choice of guided hike:

- Mountain walk up and gondola ride down (approximately two hours) \$35
- Wooded 3.5 miles round trip trek to a picturesque pond (approximately four hours) \$40
- Full-day wooded trek (approximately five to seven hours) \$55

Snow shoe/ x-country programs*

Enjoy a guided half-day tour of the Nordic trails on Stratton Mountain with majestic views. \$110 per person, full-day \$150.

Base Pricing & Policies

YogaBnB retreats are limited to nine participants maximum. If six participants do not join they event may be canceled. Independent teachers may choose to facilitate up to 15 individuals.

YogaBnB retreats are small & intimate providing a safe, clean, neutral environment to give each participant lots of TLC.

The YogaBnB retreat base includes:

- All meals
- Four yoga or silk sling practices
- A one-hour massage for each participant
- Flextime for activities, journaling or rest.



Weekend retreat fee:

- \$650 Quad share, twin beds
- \$750 Double share, 2 Queen beds
- \$850 Private room, Queen bed (shared \$550)
- \$950 Private room, King bed (shared \$600)

Rooms have a shared bath and secondary bath is available.

Scheduling: We recommend teachers schedule their own retreats three months in advance. But don't hesitate to call for information if you are inside this time frame.

Cancellations: If a retreat is canceled within a three month period a 50% refund or credit toward another scheduled retreat will be granted. This credit is applicable for one year moving forward.



Scheduled Retreats at YogaBnB

2019 Dates:

August 16 -18; Mountain top yoga

September 13-15; Full moon kayaking

October 4 -6; Fall foliage hiking

November 8 -10; Fall cleanse, silks sling focus

December 14-16; Pre-holiday meltdown; aromatherapy, and Manchester holiday shopping therapy

2020 Dates:

January 10-12; New Year Detox/Full Moon Cleanse

February 14-17; Couples retreat! X-country or snowshoe adventure

March 13-15; Spring skiing, last snow retreat

April 3-5; Spring Cleanse

May 8-10; Mother/Daughter weekend! Silk sling and restorative focus.

June 12-14; Hike and bike weekend

July 17-19; Shade hike and waterfall swim.

August 14-16; Swimming holes and waterfalls

September 11-13; Hiking, kayaking

October 16-18; Fall Cleanse

November 13-15; Intro to Raw Food

December 11-13; Pre-holiday meltdown; aromatherapy, and a Manchester holiday shopping therapy.

