



HARVESTING THE SPIRIT RETREAT

SHRINE MONT / SEPTEMBER 13 - 15, 2019

Early Bird Rate, Double: \$270, Single \$315

After August 1st, Double \$320, Single \$365

Rate includes 2 nights lodging, 6 meals, and instruction

Need time for Renewal?

This retreat is an invitation to come home to yourself and to reconnect to the inner "you" through yoga practice, expressive dance, massage and music. This weekend will focus on slowing down, breathing and allowing ourselves to harvest our inner spirit and rhythm of our body. Our weekend will include, restorative yoga, healing poses, expressive movement, massage and relaxation time, hiking and music by the outdoor fire hearth. Come join us at Shrine Mont located at the bottom of Great North Mountain in the quaint village of Orkney Springs.

Meet Your Instructors

Joanne Lind - is a 200 hour Yoga Instructor trained in Baptiste Power Yoga, and also teaches restorative yoga. She is co-owner at Dudley's 263 House with Pamela White. You will find her yoga style somewhat unique. She is trained in vinyasa yoga and there is a touch of that in her classes. A bit of restorative/yin yoga will be added to each class. Most of her classes probably move a bit slower than others you may have experienced because she finds the breathing exercises incredibly beneficial and the slower

moving classes seem more conducive to the healing aspect that all yoga provides.

Pamela White - is a certified Isadora Duncan Movement Analyst and a registered therapeutic horseback riding instructor since 2007. Ms. White has worked with adults and children with various cognitive and physical disabilities. She is a member of the International Sacred Dance Guild and the Professional Association of Therapeutic Horsemanship. Pamela currently provides meditation and expressive movement for social workers and staff at the Child and Family Services Agency.

Chante Wines Kennedy - Studied massage therapy at Shenandoah Valley School of massage and is a massage therapist at A New You Salon & Spa in Mount Jackson, Virginia. She has been practicing for over a decade and is schooled in a variety of massage techniques to help aid in healing and relaxation.



Name: _____

Address: _____

City: _____

State/Zip: _____

Telephone - Home: _____

Office / Cell: _____

Email: _____

Occupancy: Single Double

Special Request: _____

For regular updates check here to receive our monthly Shrine Mont newsletter

Make Checks Payable to Shrine Mont

____ Enclosed with this registration form is a check for the full payment or advance deposit of \$150 (non-refundable).

Charge my: Visa MC Discover Amex
\$_____ full payment / advance deposit

Number: _____

Exp. Date: _____ Code: _____

Mail Registration Form to:

Harvesting the Spirit Retreat
c/o Shrine Mont

P.O. Box 10 Orkney Springs, VA 22845

reservations@shrinemont.com / www.shrinemont.com