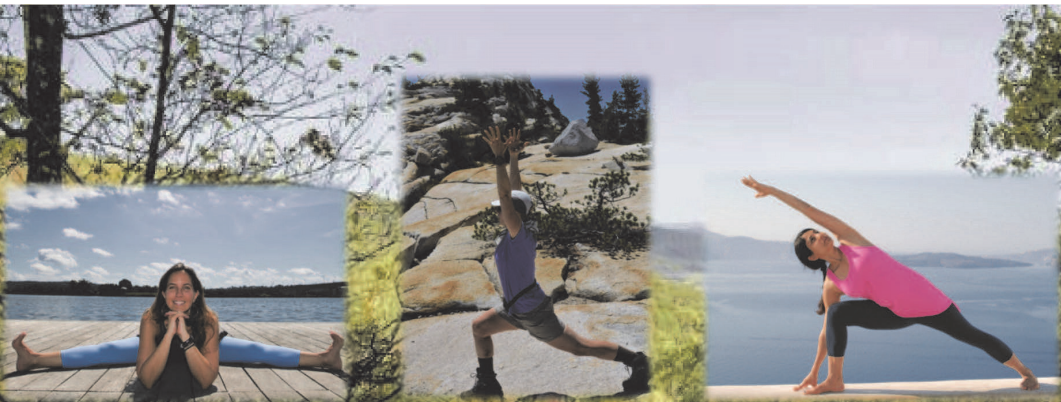




Ayurveda, Yoga & Nature

Zigbone Farm Retreat November 2 - 4, 2018

(1-hour from The Yoga Center)

6612 Harbaugh Road, Sabillasville, MD 20910 www.ZigboneFarmRetreat.com



Zigbone Farm Retreat

Ayurveda, Yoga and Nature

With Rimmi Singh, Kelly Fisher & Chris McCloskey
Friday, Nov 2nd (4pm) - Sunday, Nov. 4th (12noon)

REJUVENATE YOUR BODY, MIND AND SOUL WITH AYURVEDA, YOGA AND NATURE.

In this retreat / weekend we will:

- Enjoy the benefits of yoga postures, pranayama, and meditation in daily yoga classes.
- Determine the Doshas (constitutional influences) that are affecting our health and well being; and learn to bring them to balance.
- Explore Ayurveda cooking principles and participate in a Masala Chai Workshop and a community dinner. We will come home with a Kitchari kit (an Ayurvedic Cleanse) to continue on with our journey of self-care.
- Take a 2 hour hike at Catoctin Mountain Park in Thurmont, MD. Just 15 minutes from Zigbone Farm, Catoctin Mountain Park offers trails for all experience levels, stunning overlooks and vistas, access to Cunningham Falls, along with historical and interpretive exhibits
- Rejuvenate our bodies, minds and spirits through the healing power of walking in nature.

Linda Stevens will be offering Restorative, Reiki & Reflexology sessions Friday and Saturday afternoon for an additional charge.



Accommodations (Includes 2 nights and 5 meals)

Queen Bed (Single occupancy) \$595
Queen Bed (Double occupancy) \$450 per person
Twin Bed (Double occupancy room) \$475
Twin Bed Dormitory \$425

All rooms have shared bathrooms.
There are 3 powder rooms and 3 full bathrooms
The dormitory are all twin beds, no bunk beds.
Daily yoga, meditation and healthy eating

Gluten-free, vegetarian and vegan diets are welcome!

 **Retreat Center of Maryland**

PLEASE VISIT WWW.RETREATCENTEROFMARYLAND.ORG TO REGISTER.