



# *Fall Yoga Retreat*

## *October 1-3, 2010*



*Spend an up-lifting and relaxing weekend with like-minded individuals in this striking setting in the Pocono Mountains. Kirkridge is a spiritual retreat center located on the beautiful Kittatinny Ridge of Eastern Pennsylvania near the Delaware Water Gap and Pocono Mountain region.*

*Enjoy hiking among the fall foliage, strolling along the sacred Celtic grounds of the Columcille, yoga, meditation, quiet time, and healthy nutritional meals prepared for you. This is a perfect opportunity to unwind, cleanse the body, renew the mind, and go deep within.*

***This weekend is about you!** Feel free to take advantage of all the opportunities provided, but do not feel obligated. Our intent is to “hold a space” for you that is supportive and nurturing so you can give your body, mind, and soul what it needs this weekend.*

**Total Cost: \$295**

*Includes a weekend package; double occupancy room, accommodations for 2 nights, healthy nutritious meals, 4 yoga classes, and optional group activities. Massage service will be available at an additional cost.*

*Payment Terms: A nonrefundable deposit of \$50.00 is required to hold your reservation. Space is limited so get your reservation in early. Deposits can be made on line, by phone or on site. Installment payments are available upon request.*