

# ELEMENTS RETREAT

HOSTED BY CENTER OF GRAVITY YOGA & PILATES

2 Nights & 3 days at the Heartstone Lodge and Retreat Center. A hidden Gem in Rockbridge County, Virginia

Nov. 9-11<sup>th</sup>, 2018

Center of Gravity owners **Kristen McCabe, Wendy Orrison, and Karen Stanley** lead three elements inspired vinyasa yoga classes for earth, water, air and spirit.

**Paul Kelly** (500hrEYT) leads an Elements workshop laced in the Fire practice of Ashtanga yoga.

**Earth, Fire and Spirit Pottery** owners Amber and Jesse Poole lead pottery and watercolor classes to complement the elemental practices.

**Joanne Bening and the Stolen Dounuts** provide jazz music during the Saturday evening cocktail reception.

**Lindy Felix**, local shaman, guides a Saturday night fire circle ceremony.

Delicious and grounding vegetarian meals.

Opportunities for hikes, river walks, relaxation, or use of the meditation garden or labyrinth during free time.

Bodywork (price not included) on Friday and Saturday—massage therapy and acupuncture.

## Schedule

### **Friday**

10:00-2:00 Check in at Heartstone Lodge  
\*Bodywork, meditate, walk, Pack own lunch\*  
2:30– Opening Ceremony

3-4:30: Clay Workshop

5:00-6:30 Earth yoga class

7:00– Dinner

### **Saturday**

7:00 Morning Meditation

7:30 Breakfast

8:30-9:45 Water Yoga Class

10:30-12:00– Water Painting workshop

12:15– Lunch

1:30-3:00 free time; river walk; finish art;

3:30-5:30 Elements Fire yoga workshop

6:00 Music, cocktail reception

7:30– Dinner

9:00 Fire Ceremony

### **Sunday**

7:00– Fresh air walking meditation

8:00 Breakfast & Room Checkout

10:00-11:30 Air & Spirit yoga class

11:30 closing ceremony

### • **Complete retreat package:**

Dormitory bed and shared bath: \$350      Private Queen & bath: \$375 Double/person & \$460 single

Private King & bath: \$390 Double/person or \$475 single      Private cottages: \$375-\$415 must book dle or triple.

Call for cottage selection & details

• Local retreat package, includes all events and meals but does not include lodging \$250

• Saturday Only: 2 hour yoga workshop, jazz music, reception, dinner and Fire Ceremony. \$75

• Saturday Workshop: 2 hour workshop only \$40. Call 540-462-2944 or e-mail [studio@lexingtocenterofgravity.com](mailto:studio@lexingtocenterofgravity.com)  
Deposit due with registration.