ADELYNROOD SUMMER RETREAT
AUGUST 2007

WHEN Friday, August 10 to Sunday, August 12

WHERE Adelynrood Conference and Retreat Center, Byfield Ma. This special place is run by the Society of the Companions of the Holy Cross. Very near historic Newburyport, there are spacious grounds, simple, spare, yet charming rooms and communal spaces, and a strong atmosphere of spirituality.

COST Two nights accommodations (single rooms, shared bath), two breakfasts, lunches, dinners, all yoga classes, $390

SCHEDULE

Friday Aug. 10 check-in 2:00 PM
yoga 4:00 to 6:00 PM
dinner 6:30 PM

Saturday Aug. 11 breakfast 8:00 AM
yoga 10:00 to 12:00 noon
lunch 12:30
afternoon free time for on-site massage, trip to Newburyport, etc
yoga 4:30 to 6:00 PM
dinner 6:30 PM

Sunday, Aug. 12 breakfast 8:00 AM
yoga 10:00 to 12:00 noon
lunch 12:30 PM

DEPOSIT: $100 deposit due by July 10. Remainder due August 1. (Please let me know as soon as possible if you are considering this retreat.)

IMAGES OF ADELYNROOD View photos from a previous retreat (August 2004)