

Spring Yoga Retreat on the Cape

DATES: Friday April 27 to Sunday April 29

LOCATION: The lovely Beach Rose Inn, tucked away on a quiet lane in the peaceful village of West Falmouth, Cape Cod

TEACHER: Laureen Rueckner is a certified Iyengar yoga teacher who has led many successful retreats in Massachusetts, New Hampshire and Dominica in the Caribbean. You may find out more about her on her web site,



<http://www.yogaclasses.net/>

LEVEL: This workshop is appropriate for those who have some experience of yoga and who know how to work in the context of any injuries or physical challenges. If you have questions please get in touch and I will try and answer them.

SCHEDULE: Friday

2:00 p.m. check-in
4:00 to 6:00 p.m. yoga
7:00 dinner

Saturday

7:00 a.m. fruit, tea, coffee available
8:00 to 9:30 a.m. yoga
9:45 breakfast
10:30 a.m. to 4:30 p.m. free time to walk on beach, explore nature trails, shop in town or drive to Woods Hole (sandwiches will be available for lunch at the inn or for take out).
4:30 to 6:30 p.m. yoga
7:00 p.m. dinner
8:00 p.m. yoga film

Sunday

8:00 to 9:00 a.m. breakfast
9:00 to 11:00 a.m. free time to read, walk, schedule a massage

11:00 a.m. to 1:00 p.m. yoga
1:15 p.m. lunch

COST: (Includes two nights accommodations, all meals, yoga classes, taxes and tips. Alcohol and on-site massage service is additional)

\$359 double occupancy

\$449 single occupancy

(Bring a non-yoga friend or family member to share your room and you pay \$350; your friend pays \$200 for lodging and meals. Or ask about the cottage and bring your whole family!)

SIGN UP: To sign up, please pay a deposit of \$100 made out to Laureen Rueckner by April 2. You may give me the deposit in class or mail to:

Laureen Rueckner
227 Temple St.
West Roxbury, MA 02132

SPACE AVAILABILITY: Rooms are limited at the inn, especially for single occupancy, so get your deposit in as soon as possible. The rooms will be assigned on a first-come first-serve basis so please go to the website, <http://www.innkeepers@thebeachroseinn.com/> and select your room. Let me know your choice and the deposit will hold that room.

MASSAGE: The inn has a special massage room for on -site massage so call early to schedule your appointment. (I believe the cost is \$85 per hour.) You may call the inn directly at 800-498-5706. The inn-keepers names are Douglas and Sheryll Reichdwein.

PROPS: Each student must provide their own mat, three yoga blankets, two yoga blocks and a strap. You may borrow any of these from the Emmanuel Church.

DIRECTIONS: Directions to The Beach Rose Inn can be found on their website: <http://www.innkeepers@thebeachroseinn.com/>

If you have any questions please email me or call (617) 323-4289

I hope you will be able to join us. Regards, Laureen