

Yoga Weekend at Blooming Valley Retreat
June 5-7, 2009

What we have in store.....

Friday Evening:

6:00-6:30 Arrive. Settle into cabins.

7:00-9:30 Dinner and Campfire

- Introductions and overview of the weekend
- Orientation to the retreat (food and water, bathing, hiking, herb and vegetable gardens, quiet/reflection places etc.)

Saturday:

7-8:00am Gentle Yoga and Meditation

8:00-8:30 Breakfast

8:30-10:00 Free Time (woods walk, bird watching, private reflection time, reading, etc.)

10:00-12:00 Yoga (all levels)

12:00-12:30 Lunch

1:00- 4:00 Leisure Time and optional half-hour massage

4:00-5:30 Gentle, fun Yoga

6:00 Dinner

7:30-10:00 Bonfire, socializing,

Sunday:

7:00-8:00am Gentle Yoga and Meditation

8:00-8:30 Breakfast

8:30-10:00 Free Time

10:00-12:00 Yoga (all levels)

12:00-1:00 Lunch

1:00-3:00 Massage and Free Time

3:00-4:00 Gentle Yoga and Meditation

4:00-4:30 Packing up and farewells

Massage:

Included in the weekend is a thirty-minute massage provided by certified massage therapist, Robin Hoffman. Each guest will have the opportunity to sign up for a private half-hour session.

Food:

Every year we plant a large organic garden to feed ourselves and our guests. Our meals are mostly vegetarian. We do prepare organic, locally grown poultry occasionally. Fresh homemade yogurt, granola, cheeses, and bread are on the menu, as well as a wide array of fruits, vegetables, and other seasonal delights. The price of the retreat includes six meals. If you are vegan or vegetarian or have food allergies please let us know in advance so we can plan to accommodate your needs.

Accommodations:

We have one guesthouse and two beautiful off-grid cabins nestled in the woods. Each sleeps three adults. The cabins are lit by lanterns and have drinking water and a lovely little outhouse. There is a private entrance sauna and bathroom in the lower level of our home for bathing. The guesthouse is a small cottage with a wooded yard. It sleeps two to three and has a sun porch, kitchenette, and a bathroom.

Yoga

Mitch Coleman was trained and certified at Kripalu Institute and teaches Hatha yoga. The yoga sessions are held in the yurt. It is your option to attend or skip as many sessions as you wish. The yurt is a beautiful and sacred space. Shoes are removed prior to entering and cell phones and cameras are left behind.

Travel:

Blooming Valley Retreat is located 4 . miles east of Shelby, Michigan. It is 40 minutes north of Muskegon and 1 hour fifteen minutes from Grand Rapids. Our address is 595 E. Buchanan Rd., Shelby, MI. 49455. When you arrive, turn right into the first driveway before the little white house and follow it to the end to park.