

YOGA AND REIKI RETREAT AT THE TOWN AND COUNTRY INN 2 MAIN STREET, GORHAM NH 603-466-3315

Come join us on **Saturday March 18** for a one night weekend retreat. Early check-in starts at 1pm. Please contact the Inn at the number above to book your discounted room rate! Yoga is unlimited (4 classes on Sat. and 2 on Sunday) and Reiki sessions can be booked for either ½ hour or full hour.

The Rates will be Per Person:

Unlimited Yoga and ½ Reiki session \$90.00/each

or

Unlimited Yoga and 1 full hour Reiki session \$110.00/each

What is Reiki?

Reiki is an energy balancing system developed in Japan over 100 years ago. Reiki balances the body's energy field and energy centers (chakras). Reiki is used to relieve stress and promote deep states of relaxation that can aide in the body's natural process. Reiki intends to put the body in its optimal state to promote its own healing. Reiki can thus help balance the spirit, relieve pain and promote well-being. Practitioners are Cheryl Eldredge and Amie Hagan. They will accept clients either for ½ hour, and or hour sessions and will begin booking on the hour at 2:30 pm on Saturday ending at 8:30 pm, resuming on Sunday morning from 8am thru 11:30 am. To book your Reiki session. Please see below:

What is Yoga?

There are many different types of yoga. I teach Ashtanga yoga, which was created by Pantanjali in the 2nd century BC. Yoga or "Yoke" means a thread or union with the mind and body. You should bring a yoga mat, 2 blocks and a yoga strap.

We are so excited to present this fabulous weekend getaway for you! To reserve your spot and book your Reiki. Please email matandjet@gmail.com or call/text 603-833-7932. We will contact you in the evening to book your preferred Reiki session.

You may pay us independently of the inn, depending on your package choice. Reiki appointments may fill up early, if they are full you may purchase a yoga only pass for \$50.00/pp unlimited.

See page 2 for class schedule.

Yoga Class schedule will be as follows:

Saturday Class schedule:

2:30-3:30: Beginners Ashtanga yoga: This will be for all new to yoga! We will move slowly and learn the proper form for the most basic yoga poses (asanas).

4:00-5:00: Yoga Flow: All levels are invited. We will move thru the class slowly and fluidly, practicing our sun salutations and warrior poses.

5:15-6:15: Yoga for Strength: This will be a challenging class focusing on planks and core building. This will be a faster pace yoga flow.

7:00-8:00: Restorative yoga: Class will start with breathing/mediation and then incorporate 4-5 asanas (poses) which we will hold for 8-10 minutes each. You should bring two bed pillows, and two large throws or towels. You will leave feeling relaxed and ready for bed.

Sunday Class schedule:

8:00-9:00AM: Yoga flow: All levels are invited. We will move thru the class slowly and fluidly, practicing our sun salutations and warrior poses.

9:15-10:15: Yoga for Strength: This will be a challenging class focusing on planks and core building. There will be sun salutations and a faster pace yoga flow.

If you have any questions, please email me at matandjet@gmail.com.