



# yoga *retreats*



## Ithaca Retreat

### LIVING YOUR BEST LIFE RETREAT

WITH CYNDI WEIS

OCTOBER 19 - 22, 2023

Regardless of where you are on the continuum of life, you are aging. The lifestyle you have now forecasts your created future. Current science validates a specific collection of lifestyle habits, practiced regularly, will set the stage for a longer and more healthful lifespan.

Expect twice daily yoga & meditation, delicious meals while you socialize with new friends, and free time to hike the trails or walk the labyrinth. Workshops and discussions on the topics below will guide our time together.

- Up-to-date information on how to optimize health span
- How to shift the midlife muscle crisis with targeted nutrition and exercise
- The number one thing that you can do right now to improve your health span
- Create a personalized supplement regime to fill in the gaps

Step away from your day-to-day routine. Immerse yourself in habits that will bring more vitality and youthful energy into your life. Leave with a plan that meets you where you are and moves you toward a healthier version of yourself.

#### COST:

- Single: \$1,675.00 (\$350 deposit + \$1,325 balance)
- Double: \$1,400.00 per person (\$350 deposit + \$1,050 balance).

Space is limited. Enroll now with a \$350 deposit to ensure your spot! Balance is due by September 6, 2023.

Rooms are single or double occupancy with bed linens and towels provided. Each wing has a shared bathroom area with private showers and stalls.

ALL PAYMENTS ARE NON-REFUNDABLE.

#### THE DETAILS:

- The retreat starts at 5pm on Thursday and ends at 11am on Sunday.
- All meals are included from dinner on Thursday through breakfast on Sunday. Cuisine is local/organic, vegetarian, and delicious!
- Set on 236 acres with gorgeous views in every direction, you can hike the trails, sit by the pond, or walk the labyrinth between sessions.
- Bring your yoga mat, meditation cushion (if you have a favorite), journal, and pen.
- The local retreat is 30 minutes south of Ithaca (slightly less than 2 hour drive from Rochester). Transportation to the retreat is not included.

*breatheyoga.com*

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