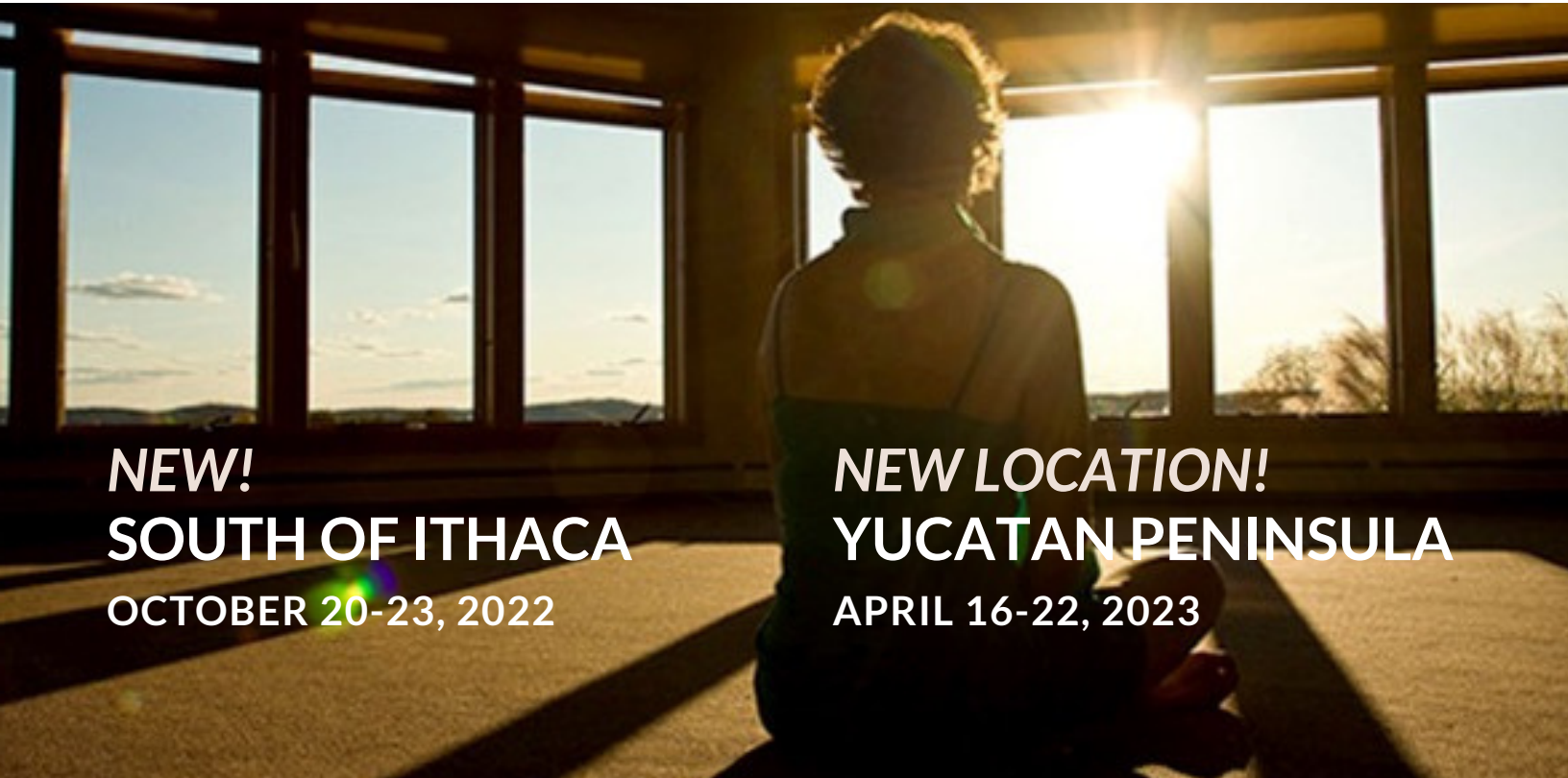




yoga *retreats*



NEW!
SOUTH OF ITHACA
OCTOBER 20-23, 2022

NEW LOCATION!
YUCATAN PENINSULA
APRIL 16-22, 2023

NEW - LOCAL RETREAT

breathe's heart to heart retreat
October 20-23, 2022

That last 3 years have packed a punch that we can't ignore. Without dwelling on the past, we will acknowledge the wounds, and the trauma that has resulted from them. From the place of acceptance, we move forward.

Using the tools of inquiry, yoga, meditation, nutrition, and community, each person will discover their own self-care regime to heal the heart, head, and body. Layering small steps will result in longevity and vitality that a quick fix can't accomplish.

NEW LOCATION - YUCATAN PENINSULA

breathe's yoga & meditation retreat
April 16-22, 2023

Moving to a new spot on the Yucatan Peninsula, this retreat is a "yo-cation"! With yoga and meditation twice a day, this yoga vacation will be filled with sun, sand, and some of the most beautiful sunsets you will ever see! Situated at the juncture of the Gulf of Mexico and the Caribbean Sea, the water is some of the most nutrient-rich in the entire region.

If you are looking for yoga, meditation, and fun in the sun, this is your retreat! It is paradise!!!

Questions? email info@breatheyoga.com. If you are ready to reserve your spot, email jackie@breatheyoga.com



south of ithaca

PRICING INCLUDES:

- The retreat starts at 4pm on Thursday and ends after breakfast 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.
- Rooms are single or double occupancy with bed linens and towels provided. Each wing has a shared bathroom area with private showers and stalls.
- 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.

PRICING:

\$1,675.00 single occupancy

\$1,400.00 per person for double occupancy

To reserve your spot, a \$350 nonrefundable deposit will be charged to your card. Full payment is due on or before September 15, 2022. We reserve the right to cancel the program at anytime.



yucatan peninsula

PRICING INCLUDES:

- The retreat starts Sunday, April 16th and ends after breakfast on Saturday, April 22, 2023.
- Daily breakfast is included. Other meals are on your own. The restaurant options are walkable, casual, fresh and delicious. (Great foodie options with the best homemade gelato a short walk away)
- All rooms are single or double occupancy with a private bathroom. Beach towels, use of the beach palapas, and private pool is included.

PRICING:

\$3,100.00 single occupancy

\$2,500.00 per person for double occupancy

PRICING EXCLUDES:

- Ground transportation from Cancun Airport to the resort is not included. It will cost approx \$100/one way and includes shuttle (approx 2 hours), ferry (approx 20 minutes) and golf cart transport (approx 10 minutes). It will be arranged for you and is seamless.
- Excursions like snorkeling, fishing, etc. are available and not included.
- Excludes airfare & amenities (massage, guided tours, etc.)

To reserve your spot, a \$350 nonrefundable deposit will be charged to your card. Full payment is due on or before February 10, 2023. We reserve the right to cancel the program at anytime.