

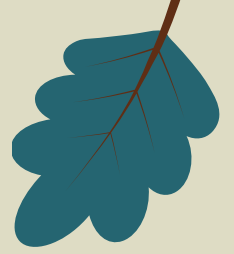


WE ARE SO EXCITED TO GIVE YOU ALL THE  
DETAILS ABOUT OUR FALL RETREAT!

SPENDING TIME WITH LIKE-MINDED WOMEN IS A  
BEAUTIFUL & BONDING EXPERIENCE.  
FINALLY, WE CAN TAKE A BREATH, TAKE A BREAK  
& GO SOMEWHERE!



LET'S DIVE IN!



# Stony Point Retreat



## **LOCATION:**

Stony Point Center, Stony Point, NY

## **DATE:**

Friday, October 22 - Sunday, October 24

## **TIME:**

Check-in: Friday at 3:00pm

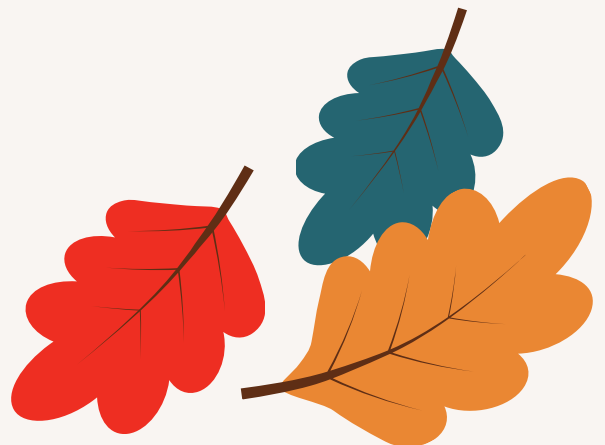
Checkout: Sunday at 11:00am

(with access to premises until 3:00pm)



# Here's what you'll get!

- Accommodations
- Six catered meals
- Healing circles
- Gentle yoga for all levels
- Meditation
- Bootcamp:  
(Super fun, great music. All levels! Optional)
- Girls Night-In
- Fire pit gathering
- Meditative labyrinth walk
- Nature walk (optional)
- Local excursion guide
- Swag bag



# accommodations

You'll have the choice of four places to rest, relax & renew!



GILMORE HOUSE

- 12 Bedrooms with private bathrooms
- 2 Dining Rooms
- 2 Parlors
- Sunroom
- Wrap Around Porch

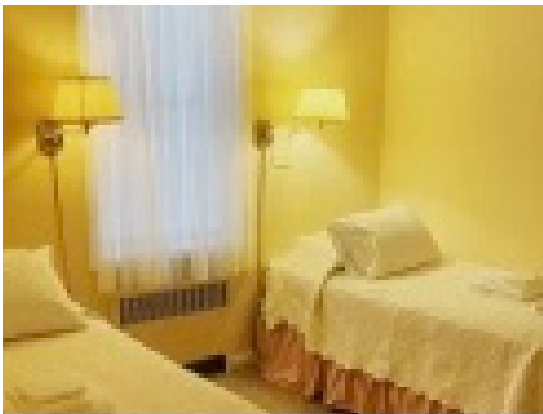


# accommodations



## LOWER STONE HOUSE

- Two Bedrooms
- One Bathroom
- Living room
- Kitchen



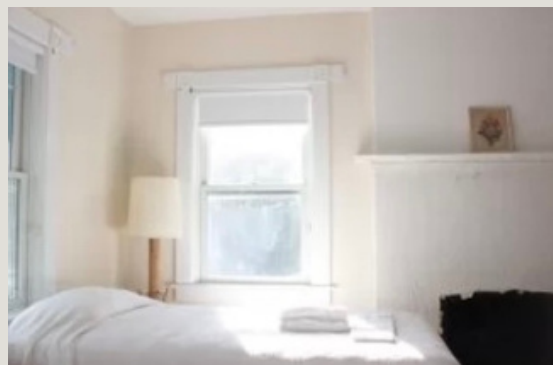
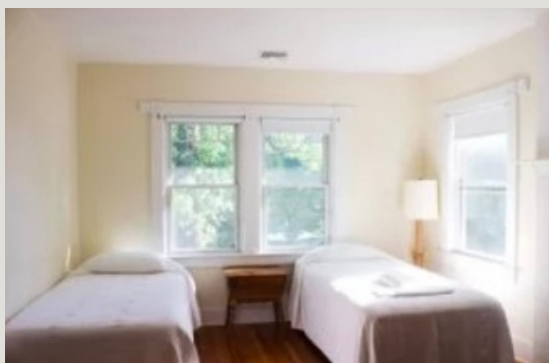
# acommodations

## ALLISON HOUSE

This charming historic home is **located two blocks from the main campus** and has ample off-street parking.



- Five bedrooms
- Two and a half baths
- Newly renovated kitchen



# acommodations

## THE LODGE



- 34 Rooms
- Shared bathrooms

Camp-dorm setting.  
Multiple shared bathrooms line each hallway.  
Doors do lock for privacy.





# investment



## **Gilmore House:**

12 Bedrooms

Private Bathroom in each room

2 Dining Rooms, Living Room, Kitchen & Sunroom

**\$650 single (\$600 early bird)**

**\$550 share (\$500 early bird)**

## **Lower Stone House:**

2 Bedrooms & 1 Bathroom

Living Room & Kitchen

**\$650 single (\$600 early bird)**

**\$550 share (\$500 early bird)**

## **Allison House:**

5 Bedrooms

Living Room, Dining Room & Sunroom

2 1/2 Bathrooms to share

**\$550 single (\$500 early bird)**

**\$450 share (\$400 early bird)**

## **The Lodge:**

34 Bedrooms (camp-dorm setting)

Multiple shared bathrooms throughout

(doors lock for privacy)

**\$450 single (\$400 early bird)**

**\$350 share (\$300 early bird)**

**\$50 non-refundable deposit to hold your spot**

**EARLY BIRD DISCOUNT ENDS MAY 1**







We hope you'll join us for this magical, introspective experience. Retreats are a blessed opportunity to journey home to Self. We've had a really tough year! It's time to take a deep inhale & exhale, with loving acceptance.

**You deserve it!**

Reach out anytime if you have questions!

Payment plan available (contact Kelly or Elaine)

**\$50 non-refundable deposit required.**

**PAYMENT OPTIONS:**

Kelly's Venmo: @buddhabarnyoga

Elaine's Venmo: @Elaine-Jemmott

**(please make sure to put Gilmore, Allison, Lower Stone or Lodge in description, as well as single or share)**

Credit card, cash & check also accepted

[kelly@buddhabarnyoga.com](mailto:kelly@buddhabarnyoga.com)

[moonhoney.elaine@gmail.com](mailto:moonhoney.elaine@gmail.com)

xo Kelly & Elaine