



STONY POINT RETREAT

FRI. 10/23-SUN. 10/25

with Kelly Mitchell



WELCOME!

There is something about fall that makes you want to slow down. The air gets cooler. The leaves turn shades of orange, gold, red, and brown. Everything in nature begins to let go, and it's a beautiful reminder that we can, too.

Just an hour and fifteen minutes from Buddha Barn Yoga, we'll spend the weekend at the beautiful Stony Point Retreat Center. It's peaceful, welcoming, and feels like you've stepped away from real life for a little while.

We'll practice in a bright workshop space with vaulted ceilings, beautiful wooden beams, and plenty of room to breathe. The historic mansion where we'll stay is filled with character, from Tiffany windows and chandeliers to wraparound porches that invite you to sit with a cup of tea and simply be.

We'll gather together for delicious, chef-prepared meals in the community gathering room, sharing conversation, laughter, and gratitude around the table.

I've planned a weekend that blends rest, healing, and a little bit of magic.

We'll enjoy gentle yoga, guided meditation, hands-on Reiki and supportive adjustments, private animal spirit readings, meaningful rituals and spells, journaling, creativity, prayer, quiet time, and a few special surprises, including (of course) my pretty amazing swag bags.

This weekend isn't about keeping busy. It's about giving yourself a break. So many women spend their lives taking care of everyone else. We push through exhaustion, carry the mental load, and tell ourselves we'll slow down "when things calm down."

But they rarely do.

Sometimes you have to make the decision to step away before burnout makes the decision for you. Imagine waking up without rushing anywhere. Taking a walk through the colorful fall landscape. Sitting on the porch with a warm drink. Sitting around a magical bonfire.

Having conversations that actually fill your cup. Moving your body without pressure. Laughing, resting, breathing, and remembering what it feels like to simply enjoy the moment.

You don't have to travel across the country to reset. Sometimes all it takes is one weekend away with a group of supportive women, beautiful surroundings, and the space to reconnect with yourself.

If you've been craving peace, connection, and a chance to refill your own cup, with the like-minded women, I've got you!

Every Retreat has a special theme while keeping with the foundations that keep us coming back for more.

I hope you'll join us.

xo Kelly



HERE'S WHAT YOU'LL GET:

🍁 ACCOMMODATIONS FRIDAY & SATURDAY

🍁 ALL MEALS INCLUDING:

(FRIDAY: DINNER)

(SATURDAY: BREAKFAST, LUNCH & DINNER)

(SUNDAY: BREAKFAST & LUNCH)

🍁 GENTLE YOGA

🍁 MEDITATION & BREATH-WORK

🍁 TAI-CHI IN THE WOODS

🍁 LABYRINTH WALK

🍁 NATURE CEREMONY ON PREMISES

🍁 BONFIRE CELEBRATION

🍁 GILMOR GIRLS-NIGHT-IN

🍁 WORKSHOP, SPELLS, AND RITUALS

🍁 HEALING CIRCLE

🍁 MAGICAL SURPRISES

🍁 SWAG BAG...OF COURSE!

PAYMENT PLAN AVAILABLE

\$50 DISCOUNT UNLIMITED MEMBERS!

GILMOR HOUSE

12 UNIQUELY DECORATED BEDROOMS INSPIRED BY MID-1800S STYLE WITH EN SUITE BATHROOMS AND PERSONAL HEATING/COOLING UNITS.

ALL BEDROOMS HAVE TWO BEDS. THE HOUSE ALSO HAS TWO FORMAL DINING ROOMS, TWO PARLOR/LOUNGES AND A SOLARIUM. THE WRAP-AROUND PORCH IS A FAVORITE SPOT FOR SUNSET VIEWING. ALL FLOORS ARE WHEELCHAIR ACCESSIBLE.

12 PRIVATE ROOMS WITH EN SUITE BATHROOMS - SHARE A ROOM FOR A DISCOUNTED RATE!





GILMOR HOUSE



IS THIS RETREAT FOR YOU?

Imagine a weekend surrounded by vibrant colors, crisp air, gorgeous autumn trees, cozy spaces, wandering deer, painted honey bee hives, and breathtaking starry skies. If you've been giving to everyone else, and you just need a break, this Retreat was created for you.

And I can't wait to pamper you!



INVESTMENT AND EARLY BIRD DISCOUNT!

TOTAL COST GILMORE SINGLE: \$880

\$50 DISCOUNT UNLIMITED MEMBERS: \$830



SAVE MONEY - SHARE A ROOM!

TOTAL COST GILMORE SHARE: \$710

\$50 DISCOUNT UNLIMITED MEMBERS: \$660

- Fri. Check-in: 3:00pm
- We'll leave Sunday after breakfast (and closing ceremony) around 10:00am, but you can stay on the grounds until 2:00pm.

IMPORTANT NOTE:

I'LL BE HOSTING RETREATS EVERY OTHER
YEAR, SO NOW IS YOUR TIME TO CHOOSE
YOU AND GET AWAY WITH US!





 **PICS**







HERE'S WHAT YOU NEED TO DO TO RESERVE YOUR SPOT

1. Choose single or share (early bird ends 7/23)
2. Send me a non-refundable deposit of \$150 via venmo, cc, or cash to reserve your room and save \$50 with EARLY BIRD...that's it!
3. I'll get in touch with you to give you all the details.

DEPOSITS ARE NON-REFUNDABLE (NO EXCEPTIONS)

PLEASE MAKE SURE YOU CAN DEFINITELY ATTEND

PAYMENT PLAN AVAILABLE

LET ME KNOW IF YOU'D LIKE TO PAY IN INSTALLMENTS.

FINAL PAYMENT DUE OCTOBER 5

**PLEASE REACH OUT TO ME IF YOU
HAVE ANY OTHER QUESTIONS**





VENMO YOUR NON-REFUNDABLE \$150 DEPOSIT



Kelly Mitchell

@buddhabarnyoga



venmo

Scan this code to pay

EMAIL OR TEXT KELLY WITH NAME, CELL
AND ACCOMMODATION CHOICE...
I'LL TAKE CARE OF THE REST!

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