



THE FARM AT CATAWISSA CREEK
+
PURE BLISS YOGA

NOURISH AND FLOW

YOGA CAMPING RETREAT

AUGUST 25-27



THEFARMATCATAWISSACREEK.COM

THE FARM AT CATAWISSA CREEK



THE FARM

AT CATAWISSA CREEK

The retreat will be held at a Certified Organic Mixed Vegetable Farm located in Catawissa, PA; just 2 hours from New York City, Philadelphia and 10 minutes off I-80. The farm is 130 acres of pristine woods, farmland and situated on the Catawissa Creek.



THE FARM



THE FARM AT CATAWISSA CREEK



THE RETREAT

OVERVIEW

Activity Schedule, Farm-to-Table Menu, Common
Spaces, Property Features, and Sleeping Spaces





THE FARM AT CATAWISSA CREEK



WEEKEND RETREAT SCHEDULE

FRIDAY

2-4pm Afternoon arrival

5:30-6:30pm Yoga

6:30-7 Intention Setting Ceremony: Group Meditation

7 pm-9pm Light Dinner

SATURDAY

7-8:30 Breakfast/Snacks (Day Retreat Arrivals)

9am-10am Morning Yoga

10:15-11:15 Group Activity

Break

12-130 "When I eat I eat" Raw Food Mindfulness Experience and
Lunch

2pm-3pm Bodywork Workshop

Open Time/ Swim in Creek/ Nature Walks/ Journaling

5:00-6 Evening yoga

6-8 Dinner

8-10 pm Campfire

SUNDAY

7-8:30 Breakfast/Snacks

9-10 Morning yoga

Snack/ Leave



HIGHLIGHTS





THE FARM AT CATAWISSA CREEK

SAMPLE MENU



LOCAL AND ORGANIC FARM-TO-TABLE MEALS

BREAKFAST

Painterland Farms Organic Skyr Yogurt
Fruit from Green's Fruit Farm (Peaches, Pears or Apples)
Granola and Bread from Columbia County Bread and Granola
Hard Boiled Eggs from The Farm at Catawissa Creek
Local Butter and Jam

LUNCH

Mediterranean Bean Medley With Organic Ingredients
From The Farm at Catawissa Creek
Persian Golden Rice (Organic)
Seasonal Organic Produce from The Farm at Catawissa Creek

DINNER

Wild Alaskan Salmon from Wild For Salmon
Or
Local Pasture Raised/Organic Fed Chicken
Seasonal Organic Produce from The Farm at Catawissa Creek



THE FARM AT CATAWISSA CREEK



ACCOMMODATIONS

STAY AT THE FARM

Retreat Common Spaces, Property Features, and
Sleeping Spaces



RETREAT COMMON SPACES

THE POLE SHED

20X30' SPACE

Open with concrete floor

Use: Perfect for yoga, workshops, and gatherings

Can furnish with the beautiful oriental rug upon request.



THE BARN OFFERS TWO BEAUTIFUL COVERED SPACES DETAILED ON THIS PAGE AND A LARGE BARNYARD LAWN TO GATHER IN.



HAY MOW

20X40' SPACE

Open with concrete floor

Use: Kitchen and Dining area

Furnished with outdoor kitchen with smoker and grill and dining area with tables and benches

Fits 40+ people seated



PROPERTY FEATURES

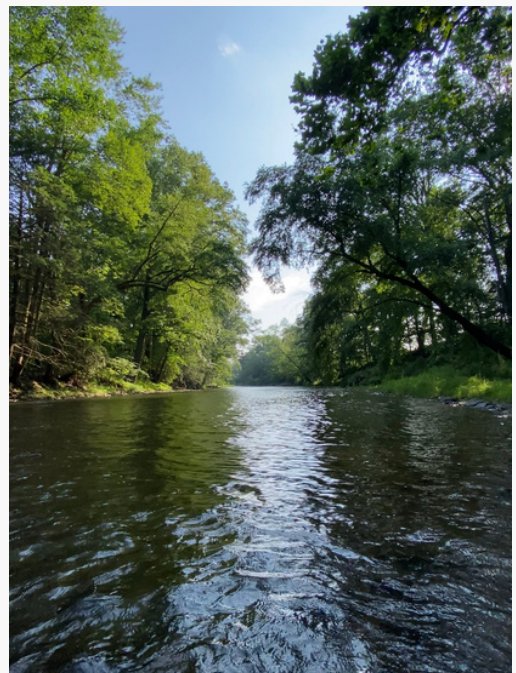
NATURE TRAILS

Gorgeous trails around farm fields and wild spaces featuring majestic mountain views



PRIVATE CREEK ACCESS

Relax by the creek, take a swim or just listen to the serene sound of the water.



THE FARM AT CATAWISSA CREEK

SLEEPING SPACES

LUX BELL TENT

20 ft Diameter - Fits up to 4 - QT: 1
Our most luxurious bell tent is furnished with a queen size mattress, lovely seating area and beautiful rugs, Furnished for 2, can fit an extra 2-4 with sleeping bags. Overlooks organic farm fields and the Catawissa Mountain.

This tent can also be converted to another retreat space. Upon request we can remove furniture.



COZY BELL TENTS

13 ft Diameter - Fits up to 4 - Qt: 4
Cozy bell tents are furnished with a queen size mattress, meditation pillow seating areas and beautiful Ecuadorian blankets, Furnished for 2, can fit an extra 2 with sleeping bags. There are 4 of these tents around the property with views of the river hills and farm fields.



BYO TENT

Space for up to 40 tents

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PRICING

RETREAT PASSES

Includes all activities and meals

Day Pass (Saturday Only)	\$125/person
Weekend Pass (Friday- Sunday)	\$225/person

LODGING

On farm sleeping accommodations.
Pricing is per tent, not per person

BYO Tent	\$70/tent 20 spots available
Cozy Bell Tent Rental Queen Bed Fits 2 people	\$200/tent 4 tents available
Lux Bell Tent Rental Queen Bed Furnished for 2, Fits 4-6 with BYO sleeping bags	\$300/tent 1 tent available

BOOK YOUR PASSES HERE:

thefarmatcatawissacreek.com/shop/p/retreat

THE FARM AT CATAWISSA CREEK



Contact Us

CATAWISSAFARM@GMAIL.COM

THEFARMATCATAWISSACREEK.COM

@THEFARMATCATAWISSACREEK

YOUTUBE • INSTAGRAM • FACEBOOK • REDDIT

9542 SYCAMORE DRIVE

CATAWISSA, PA 17820

2 HOURS FROM NEW YORK CITY AND PHILADELPHIA

JUST 10 MINUTES FROM I-80