

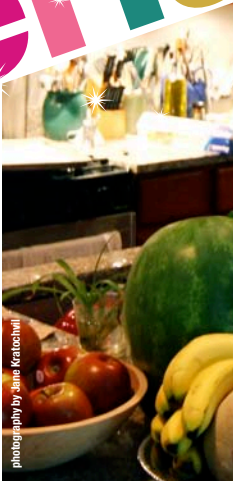
SYJ's Winter Wonderland

JANUARY 26-29, 2012
GOOD COMMONS HOUSE
PLYMOUTH UNION, VERMONT

good commons
RELAX • RETREAT • REVITALIZE

photography by donje photography

photography by Jane Kratochvil



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Join 2 of SYJ's most beloved teachers for a weekened of soulful deep and often silly yoga, great conversation in or out of the hot tub, crazy delicious organic food, extreme relaxing, snow man building, and general winter wonder-landing. Skiing and wine drinking optional.

SYJ's Winter Wonderland

get on the bus!

Grab your mats and your mittens- we're hitting the slopes in beautiful Southeastern Vermont. This is the joint's second retreat and we are oh-so excited. Think of the food, the friendship, the laughter and, of course, the yoga!

The retreat will take place at the Good Commons House, a renovated country store smack in the middle of two of Vermont's best-known ski areas- Killington and Okemo. You'll find great skiing, killer cross-country trails and plenty of sweet spots for contemplation. Call it what you want- retreat, road trip or escape- we're calling it like it is- and that's pure fun and kick ass yoga!

you can expect

Mind blowing vinyasa and hilarious yet meaningful centerings. (one in the a.m. and one in the early p.m.) Morning classes will challenge and invigorate while evening classes will turn you to butter.

To laugh. A lot. Beautiful alpine scenery, great company, top shelf wine and the best winter playground in the Northeast. 3 delicious, organic and locally sourced meals per day.

a sample day

- 7:30 am** morning yoga: a vigorous class that will get you warmed up for the day
- 9:00 am** super delish & wholesome breakfast
- 10:00 am** ski time or free time
- 4:30 pm** après ski yoga: unwind with a hello mellow evening class
- 5:30 pm** free time (sauna, relax, massage)
- 8:00 pm** gourmet dinner served with wines

Pricing: Sign up by December 1st and you'll get our discounted price of \$950.00 per person. After December 1st, the price is \$1,050.00 per person (no refunds).

INCLUDES: 3 nights accommodations, 5 special yoga classes, 9 meals, wine and roundtrip transportation to Vermont (complete with beverages and snacks).

EXTRA COSTS: Lift pass, ski rentals, massage and/or spa treatments.

FOR MORE INFORMATION CALL 203.838.2725 OR EMAIL GIRLS@SARASYOGAJOINT.COM