

Summer Solstice Yoga Retreat

at the

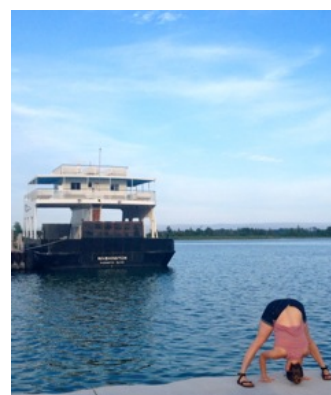
Hotel Washington & Studio

Washington Island, WI

June 19, 20, 21, 2015

Brought to you by

Amara Yoga & Arts



Warm body and soul with a weekend-long celebration of the sun's rejuvenating energy! Summer Solstice, the longest day of the year, is a time to reawaken and respond to the energetic invitation of the summer sun, even while taking time to rest and restore. Your three day/two night getaway will include a fluid balance of both invigorating vinyasa flow and meditative nidra and yin-style yoga. Hosts Kelsey Bourgeois and Mari Anderson will design each class to accommodate all levels of practitioners, from experienced yogis to those just beginning or renewing a practice. Interspersed between your yoga and guided meditation sessions will be opportunities to visit points of interest around the Island, from lavender farms and shops to quaint museums that honor the Island's rich maritime history and agricultural roots.

However, you may find yourself content to roam the grounds of the Hotel's estate, which a spacious lawn, magnificent hundred-year old oaks and a nearby dock extending into the clear waters of Detroit Harbor. There's a comfortable chair in a contemplative space just waiting for you!

Cost: Full Retreat (Friday 3pm-Sunday 1pm), including all yoga classes, activities, meals & lodging at the Hotel Washington:

\$500 EB*/\$550 reg: Queen bed/dbl. occupancy

\$550 EB/\$600 reg: Queen bed/single occupancy

\$575 EB/\$630 reg; King bed/dbl. occupancy

\$600 EB/\$660 reg: King bed/single occupancy

Retreat without lodging, but including all yoga classes, activities, & meals: \$300 EB/\$350 reg.

Retreat classes & activities only (no meals or lodging): \$160 EB*/\$180 Reg.

*Register before May 15, 2015 for early bird rate

Sign up Online at www.amarayoga.com/retreats/

For additional lodging options: www.washingtonisland-wi.com or email us at info@hotelwashingtonandstudio.com

Anything else? retreats@amarayoga.com can help!

Retreat FAQ

What is included in the retreat pricing?

- Comfortable accommodations at the Hotel Washington in one of our eight European-style guest rooms featuring plush bedding with deluxe linens, mattresses designed for restful sleep, bathrobes, a basket of organic toiletries and complimentary WiFi are part of your stay. Hotel guests share two spacious bathrooms featuring steam showers and a whirlpool tub.
- Meals: dinner Friday and Saturday, and breakfast & lunch on Saturday & Sunday served in the Hotel dining room. Food will be delicious and healthy - vegan and gluten-free options will be available. Wine is included with dinner, and a cash beer/wine bar is available at the Hotel.
- Yoga and meditation sessions will offer a variety of options/styles/levels. Mats and props provided or bring your own mat.
- All yoga classes and workshops are optional. Spend the remainder of your retreat time relaxing in your room, exploring the island or roaming the grounds of the Hotel's estate, which includes a spacious lawn, magnificent hundred-year old oaks and a nearby dock extending into the clear waters of Detroit Harbor.



What is not included in the retreat pricing? Transportation to and from the Island, and optional services, like massages.

Can I come just for the yoga classes & workshops? You can! See pricing above for details.

What is the cancellation policy? If you must cancel your reservation, please notify us by email at retreats@amarayoga.com (no phone calls please).

Please note our cancellation policy: If you must cancel your reservation and you notify us by email at retreats@amarayoga.com by June 1st, 2015, we will refund your payment minus a cancellation fee. After June 1st, all payments made will be non-refundable and no refunds or credits of any kind will be issued.

If you cannot reach the retreat due to unforeseen circumstances such as strikes, missed, delayed or cancelled flights, your payment is non-refundable. We are not liable for any traveling delay, strikes, lost baggage or injuries. Travel insurance is not included in your payment. Amara Yoga & Arts reserves the right to ask a retreat participant to leave the retreat at any time if they feel that their behavior is disruptive or dangerous to the others on retreat. In this case, all payments made are non-refundable.

Can I share a room with another attendee if I come alone? The hotel guest rooms have one bed each so sharing a room with another guest is not an option unless of course you come together.

Can I bring another person to share my room? Guests not wishing to attend the yoga events may attend at \$150 off the price of the full retreat (email us for details).

Are children or pets permitted? Children 12 and over are welcome with parent or guardian at the full rate. Pets and children under 12 are not permitted.

What sort of weather can I expect? Normal temperatures in June are in the upper 60's in the day, and the 50's at night.

Where will the yoga sessions take place? The yoga sessions will be held in the Studio at the Hotel, and possibly outside on the lawn or nearby beach, if weather permits.

Do I need to bring a yoga mat? You can bring your mat if you wish: yoga mats and props will be provided for people who do not bring their own. If you would like to purchase a mat, let us know and we can arrange it.

What should I bring? Yoga clothes, casual clothes, shoes or boots for walking, coat/jacket/sweaters, rainwear, and a camera is nice to have. WiFi is available in the hotel and all of the guest rooms so bring your laptop/mobile device if you like.

Location:

Hotel Washington & Studio
354 Range Line Road Washington Island, WI 54246
Phone (920) 847-3010
www.hotelwashingtonandstudio.com
info@hotelwashingtonandstudio.com

HOW TO GET HERE

Driving:

Washington Island is located about 5 miles off the northern tip of the Door County Peninsula in northeast Wisconsin. The island is approximately 85 miles northeast of Green Bay and less than 300 miles from Chicago. Like all great journeys, reaching Washington Island requires a passage. You'll meet the car ferry at Northport dock, located at the northernmost tip of Door County. Consider the 30-minute Death's Door crossing the beginning of your Solstice retreat; it's the perfect opportunity to prepare for your immersion in yoga, nature and the Island experience. For the complete ferry schedule and rates go to: www.wisferry.com

Flying:

Commercial air flights land at Austin Straubel Field in Green Bay, Wisconsin. Charter air flights may be booked from Austin Straubel with Executive Air, (920) 498-4880. Car rentals with Avis, Budget, Hertz and National are available at Austin Straubel.

Shuttle service from Austin Straubel to Northport Pier is available from Door County-Green Bay Shuttle, (920) 746-0500.

Travelers from Michigan can cross Lake Michigan via the Michigan-Wisconsin car ferry. The SS Badger sails between Ludington, Michigan, and Manitowoc, Wisconsin. (800) 841-4243, www.ssbadger.com.

Getting around the Island:

The Hotel Washington is located approximately 4 miles from the ferry dock. Because of the distances between venues, and Island's rural nature, walking around the Island is not an option. Please let us know if you are not bringing your own transportation, we can help with referrals for shuttle services.

