



## RATES & ACCOMMODATIONS

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 rates

To register: [www.amarayoga.com](http://www.amarayoga.com)

For additional lodging options:  
[www.washingtonisland-wi.com](http://www.washingtonisland-wi.com) or check out the FAQ's at [www.amarayoga.com](http://www.amarayoga.com)

For questions about the Hotel or the Island, call (920) 847-3010 or go to:  
[www.hotelwashingtonandstudio.com](http://www.hotelwashingtonandstudio.com), or send a note to: [info@hotelwashingtonandstudio.com](mailto:info@hotelwashingtonandstudio.com)

Anything else? [retreats@amarayoga.com](mailto:retreats@amarayoga.com) can help!

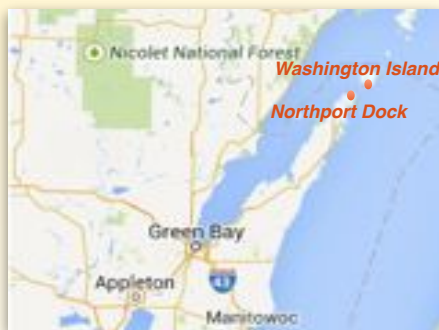


## YOUR EXPERIENCE BEGINS HERE



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 thirty-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 go to:  
[www.wisferry.com](http://www.wisferry.com)



# SUMMER SOLSTICE YOGA RETREAT

June 19 - 21, 2015  
Hotel Washington & Studio  
Washington Island, WI



Warm body and soul on a magical island  
with a weekend-long celebration of the  
sun's rejuvenating energy.

*Brought to you by*



**AMARA**  
YOGA & ARTS

## MEET YOUR TEACHERS



### KELSEY BOURGEOIS *Retreat Leader*

*Kelsey Bourgeois is an international yoga instructor based out of central Illinois. She offers weekly classes, private sessions, workshops, teacher training, teacher mentoring and retreats in central Illinois and is available for travel around the world for festivals, trainings and workshops.*

*Taking with her a sense that everyone can do yoga, Kelsey has been able to help many different bodies and personalities access the practice over the years. She wishes to instill a sense of confidence and empowerment in her students by teaching them to "Inhabit Your Body" with the practice of yoga.*

*Kelsey trains teachers and leads retreats for Amara Yoga & Arts in Urbana, Illinois. Find more about her at [www.kelseybourgeoisyoga.com](http://www.kelseybourgeoisyoga.com)*

### MARI ANDERSON

*Mari has been teaching yoga on Washington Is. since 2004. She is a 200-hr. Yoga Alliance certified teacher who loves sharing the practice with both new and experienced yogis, only occasionally on a paddleboard.*



## A HEARTFELT CELEBRATION

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. Each class will be designed 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. For a detailed weekend description of sessions and events, visit [www.amarayoga.com](http://www.amarayoga.com). or [www.hotelwashingtonandstudio.com](http://www.hotelwashingtonandstudio.com)

## A REMARKABLE SETTING

Rejuvenate? Check. Restore? Check. Energize? Check. For 110 years, The Hotel Washington has been nurturing travelers with its own special style and ambience. With the addition of The Studio in 2014, the Hotel began welcoming retreat and workshop guests who could immerse themselves in the creative and movement arts while lodging in one its charming rooms.

Nourishment from the Hotel kitchen features locally-sourced organic ingredients, brick-oven bread, and a carefully curated selection of fine wines. Meals are served in the elegant dining room or outside on the front deck when weather permits.

Eight European-style guest rooms have either forest or harbor views. The premier room features a king-size bed and is furnished to create a sense of privacy and peace. Plush bedding with deluxe linens, mattresses designed for restful sleep, bathrobes, a basket of organic toiletries and complimentary WiFi are part of your stay. Guests share two spacious bathrooms featuring steam showers and a whirlpool tub.

