

Renew, Restore & Rejuvenate

A Pocono Yoga Retreat with Johnny & Cara

Spend your Mother's Day weekend unplugging at Pocono Valley, a lakeside camp resort in the serenity of the Pocono Mountains. Unwind with Johnny Gillespie of Empowered Yoga and Cara Bradley of Verge Yoga for three bliss-filled days of inspiration peace and laughter.

May 10 – 13, 2012

Thursday 8:00 pm thru Sunday 11:00 am *

- Two daily yoga classes (am and pm)
- Choose to practice Stationary or Vinyasa (Flow)
- Beginner's tract available for newer yoga students
- Early morning meditation practice
- Inspiring late afternoon talks on taking your life to NEW levels
- Experience like-minded people sharing enlightened conversation throughout the day.
- Delicious, healthy meals
- Clean and spacious lakeside cabins

Also:

- Meet your edge on the ropes-course.
- Canoe on the lake.
- Relax at our evening campfire.
- Read on your cabin porch.

* You may choose to extend your Sunday at Pocono Valley

Located in the heart of the plush Pocono Mountains, Pocono Valley offers a unique opportunity to relax, practice and gather. Pocono Valley is an all inclusive retreat center offering a 40-acre lake with activities, nature trails, 2 Olympic Size Pools, Fitness facilities, Yoga Rooms, Campfire sites and newly renovated cabins. Pocono Valley's 350-acre park is located just 90 minutes from New York City and Philadelphia. www.poconovalley.com

Details

- Registration opens on December 15, 2012
- \$399 (pay only \$349 if you register by March 1, 2012)
- We begin on Thursday evening at 8:00 pm and finish on Sunday morning at 11:00 am
- Includes cabin accommodations and all meals from Friday morning through Sunday brunch.