

FEBRUARY 2009

Well, it's hard to believe the yoga retreat has come and gone. And it couldn't have gone any better. Participants, who came from Avon, Carthage, Farmington, Fayette, and Rangeley, enjoyed the peace and quiet of Star Barn's location as well as the very comfortable accommodations. Food was plentiful and delicious. Area presenters shared their expertise on several topics. Daria Babbit of Salem spent the Saturday morning workshop explaining about Meditation. Sandy River Thomason, an area Acupuncturist from Farmington, described her technique and performed this healing practice on each student. She also shared her knowledge of Chinese healing herbs. Sara Mulvey, also in Farmington and owner of Source 365, led the Sunday morning session with time spent in meditation, Kundalini Yoga, Parterning Yoga, and Hatha Yoga. And Ginni taught a class in Restorative Yoga, yoga that uses blankets and bolsters to create the most release and relaxation for the body. Evenings found us sipping wine and gabbing in front of the fire in the parlor. The yoga studio was also available for early morning individual practice, with candle light giving way to a beautiful pink sunrise. The Saturday afternoon free time found some adventuring out on one of the property trails on snow shoes while others enjoyed a Vinyasa Yoga class. One participant commented, "The whole weekend was wonderful...a good balance of meditation, introspection, exercise, relaxation, and social interaction." This was truly a dream come true, exactly what Ginni had envisioned when the idea first appeared to build a B&B with yoga studio. The next retreat will be scheduled in early fall this year.

Unfortunately, the Poetry Writer's Retreat has been canceled due to lack of interest. However, we're pleased to say that Caroline King, the organizer, seems to have found her niche offering classes on not only poetry writing, but writing in general, including mission statements and business plans. Check out her website at [www.maineword.com](http://www.maineword.com).

Star Barn Uniques was featured last month in The Franklin Journal, a local newspaper. Uniques sold an amazing \$1,632 worth of merchandise in 2008. That's \$1,632 that went back to the crafters whose wares fill the foyer of the B&B. With this information in the newspaper article, we've already had additional crafters contact us!

Our snowfall, though not as much as last year so far, is still way up there. That's Star Barn wedged between the house and garage. Snow shoeing has been tough, but probably tougher for the moose that have left their own trails through the woods.



Reservations are still available for Valentine's Day and Winter Break. The snowmobile trails are well groomed and perfect for a day ride!

Ginni and David Robie