



STAR BARN YOGA

March 30 - April 1, 2012

Star Barn B&B/Yoga is offering its next weekend yoga retreat March 30 - April 1, 2012. We will experience a variety of yoga classes with our intention set on seeking the positive about the differences. The cost of the retreat is \$299 which covers lodging, food, taxes, and the presenters' fees. The retreat begins Friday afternoon March 30 with arrival around 4:30 for "Social Hour" and continues through lunch on Sunday, April 1. Meals will be vegetarian.

Liz Farmer will lead us in Kundalini yoga Saturday morning. The main work of the class is called a kriya, which is a proscribed sequence of poses and pranayama (breathing) that focus on a specific area of the body. The class ends with a meditation/chant and closing song.

Free time is Saturday afternoon from 1:00-3:30. Enjoy an outdoor activity, alone time, or simply visiting with your fellow yogis. In addition, Sandy Panzella (see below) will be available for 30 minute private Ayurvedic consultations. You may also sign up for a 30 minute full body massage or 10 minute head/neck massage with Heidi Sorenson of Rangeley. Tracy Dresser, Fountain of Youth Spa, will be offering Herbology hand and/or foot treatments. Chinese herbs & alpha hydroxy are applied to exfoliate, smooth and soften. She is also offering Bioenergizer Foot Detox; a footbath designed to remove built up body toxins leaving you feeling renewed & rebalanced with more physical & mental energy. And we are adding a Facial to the options this time. This personalized facial is custom blended to meet your exact needs: you'll experience deep cleansing, a custom blended facial massage, plus mask targeted to your specific skin concerns. An exceptional value at \$45. These amenities are scheduled first come-first served.

Taking a cue from the last retreat, we will continue to explore Ayurveda with Sandy Panzella, scheduled for the 3:30 Saturday afternoon program. She will focus on: What is Ayurveda? What is your unique constitution? Also, keeping healthy through the seasons and natural remedies, including yoga postures for healing.

Ginni Robie will lead her now traditional Saturday night Restorative Yoga Class - wear your PJ's!

Yoga instructors, Sara Mulvey & Sarah Daigle will guide you through a beautiful yoga class on Sunday morning that will incorporate the use of a partner to deepen your stretch and your practice! They will also introduce some gentle Thai yoga massage techniques. If the mood is right we may take flight with AcroYoga!

A minimum of 7 attendees is required; maximum is 10. Star Barn B&B has 5 guest rooms with private baths. There are 2 rooms in the Guest House which share a bath. The first seven registrants will be lodging in the B&B. *Two of the rooms in the barn and one in the house have 2 beds, so some room sharing may be needed to accommodate everyone.* To look at the rooms visit www.starbarnbandb.com. Unless you have requested sharing a room, room assignments will be made by the luck of the draw. Call 207-639-2999 with any questions. Registrants will receive an informational letter shortly before the retreat.

RETREAT SCHEDULE
March/April 2012

	FRIDAY	SATURDAY	SUNDAY
6:00 AM		Studio Open for Personal Practice/Meditation	Studio Open for Personal Practice/Meditation
7:00-8:00 AM		BREAKFAST	BREAKFAST
8:45-11:00 AM		LIZ FARMER "KUNDALINI YOGA"	SARA MULVEY & SARAH DAIGLE "PARTNER YOGA & THAI MASSAGE"
12:00 -1:00 PM		LUNCH	LUNCH
1:00 - 3:30 PM		FREE TIME	DEPARTURE
3:30 -5:30 PM	4:30 -5:30 FRIDAY ONLY ARRIVAL/SOCIAL HOUR	SANDY PANZELLA "AYURVEDA"	
6:00-7:00	DINNER	DINNER	
7:30-8:30 	TO BE DETERMINED	GINNI ROBIE "RESTORATIVE"	
8:30-9:30	FREE TIME	FREE TIME	

CLASS / WORKSHOP LEADERS

Liz Farmer

Liz Farmer studied to become a Kundalini yoga teacher through the Guru Ram Das Ashram in Espanola, New Mexico. Kundalini yoga, also known as the yoga of awareness, is a unique practice that combines postures, breath work and meditation. It improves physical strength and flexibility, strengthens the nervous and glandular systems and prepares the mind for optimal clarity and use. Liz currently lives in Massachusetts but teaches a weekly class in Farmington.

Sandy Panzella

Sandy studied for 2 years at Kripalu to become a certified Ayurvedic practitioner. She has healed herself from a debilitating spinal cord injury using the healing arts of Ayurveda. Sandy's missions are to help others heal and to create balance in body, mind and spirit. Her own life's experiences enable her to bring empathy and understanding to her clients. Sandy resides in Rangeley, ME.

Sara Mulvey

Sara is the founder of Source 365. She has lived in Farmington, ME for 9 years. Sara went to school at UMF for Community Health and graduated with her Bachelors in 05'. She earned a 200 hour Certification at Frog Lotus Yoga in N. Adams, MA. In addition, Sara is Level 2 certified in Reiki, is a certified Doula and recently completed her BS in Nursing at UMFK.

Sarah/Titali Daigle

Sarah, also know as Titali (her spiritual name) is the Co-owner of Source 365, where she currently lives. She has studied with multiple gurus, took a 150 hour training in Kerala, India, and has a total of 500 hours of training in Yoga. She is also a Thai Yoga Massage Therapist, Reiki Master Teacher and Angel Clairvoyant.

Ginni Robie

Practicing since 1998, Ginni became a certified Yoga instructor in 2003. Her interest in the many facets of Yoga has caused her personal exploration to go well beyond her certification criteria. She will be leading you in a very relaxing restorative class on Saturday night. She is also your host at Star Barn B&B/Retreat Center.

(Bios provided by the presenters)

STAR BARN YOGA

Retreat Registration

March/April 2012

Please fill out and return with fee to:

Star Barn Yoga
956 Reeds Mill Road
Madrid Twp., ME 04966

Name _____

Mailing Address _____

Phone _____

Email _____

Previous YOGA Experience _____

Do you have a condition requiring a private room?

Do you have a condition requiring a first floor room?

Do you have any dietary restrictions? Food allergies?
Explain. _____

Do you have any special needs we should know about?

Do you wish to schedule one or more of the following?

(Please pay provider at the time of your treatment)

Ayurvedic Consultation (30 min) \$40 _____

Full Body Massage (30 min) \$40 _____

Head/Neck Massage (10 min) \$10 _____

Herbology Hand Treatment (15 min) \$15 _____

Bio-energizer Foot Detox \$25 _____

Facial (30 min) \$45 _____

**Return completed registration, signed agreement, and
check for \$299 to: Star Barn, 956 Reeds Mill Road,
Madrid Twp., ME 04966.**

AGREEMENT

Please read, sign and return to Star Barn Yoga with your registration and check.

I hereby release Star Barn Yoga from all liability to injury received under supervised instruction. I understand when I follow instructions injuries should not occur.

I understand the fee of \$299 includes meals, lodging, taxes, and workshop instructors' fees from Friday to Sunday, March/April 2012.

I understand I will receive a return of 50% of the retreat fee if I cancel more than one week before the scheduled retreat.

PRINT NAME

SIGNATURE

DATE

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PHOTO RELEASE: By signing below, I agree that my photograph, either alone or with others, and without compensation, may be used in the advertising of Star Barn Yoga and Star Barn B&B.

Signature

Date