



# STAR BARN YOGA

AUTUMN YOGA RETREAT - SEPTEMBER 24-26, 2010


Star Barn Yoga is offering a weekend retreat to be held at Star Barn B&B in Madrid. Star Barn B&B and Star Barn Yoga offer the perfect combination for a yoga retreat! We are off the beaten path with woods, meadows, trails and mountain views. You will find comfort, peace and tranquility, and the opportunity to focus on yoga and other holistic practices. The cost is \$280 (includes state taxes), which covers lodging, food, taxes, and the presenters' fees, and should accompany your registration. Please make your check payable to "Star Barn."

The retreat begins Friday afternoon, September 24, with arrival in time for "Social Hour" by 4:30 and continues through lunch on Sunday, September 26. (If you cannot be here for the social gathering, please try to be here by 5:30.) The schedule, which is subject to change, is listed below. Meals will be delicious but light in nature, so feel free to bring additional snacks and beverages. **Please advise me of any dietary restrictions/allergies on your registration form.**

There is free time scheduled for Saturday afternoon, giving you the opportunity to hike, nap, enjoy a yoga video in the loft, do your own practice in the studio, play a game, or visit with your fellow yogis. There is also the opportunity to enjoy a massage, full body for an additional \$40 or 10 minute head/neck for \$10 with Heidi Sorenson of Rangeley. Please indicate your desire for this when you send in your registration; payment will be made directly to her.

A minimum of 6 attendees is required; maximum is 10. Star Barn B&B has 5 guest rooms with private baths. *Two of the rooms have 2 beds, so some sharing may be needed to accommodate everyone.* There are 2 rooms in the Guest House with a shared bath should there be overflow from the B&B. To look at the rooms visit [www.starbarnbandb.com](http://www.starbarnbandb.com). Please get your registration in as soon as possible to secure a space! Call 207-639-2999 with any questions.

RETREAT SCHEDULE  
September 24-26, 2010

	FRIDAY	SATURDAY	SUNDAY
6:00-6:30 AM		SURYA NAMASKAR	SURYA NAMASKAR
7:00-8:00 AM		BREAKFAST	BREAKFAST
8:45-11:00 AM		Liz Farmer "KUNDALINI YOGA"	Barbara O'Reilly "KRIPALU YOGA"
12:00 -1:00 PM		LUNCH	LUNCH
1:00 - 3:30 PM		FREE TIME	DEPARTURE
4:00 - 5:30 PM	ARRIVAL/SOCIAL HOUR	Heidi Sorenson "GI GONG"	
6:00-7:00	DINNER	DINNER	
7:3 	Ginni Robie "RESTORATIVE YOGA"	Ginni Robie "VINYASA"	
8:30-?	FREE TIME	FREE TIME	

## **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 Mass. but teaches a weekly class in Farmington, and is completing a new certification to teach Kundalini yoga and meditation to people with chronic illness. She has also served as an assistant trainer in a Level One Kundalini teacher training at Franklin Yoga Studio in Franklin, MA. Other interests include running, organic gardening, and Buddhism.

## **HEIDI SORENSON**

Heidi is a watercolor artist who went back to school for Massage Therapy in 2006, where she also learned Energy work such as Reiki and Qi Gong. Qi Gong, is an internal Chinese meditative practice which often uses slow graceful movements and controlled breathing techniques to promote the circulation of qi (the circulating life energy that in Chinese philosophy is thought to be inherent in all things) within the human body and enhance a practitioner's overall health. There are thousands of forms of Qi Gong; the one Heidi practices is called Gwe Chen – Return to Root. Heidi teaches six movements of Qi gong that address the major Qi lines of the body. They are done slowly and take about 20 minutes to go through one round. Three rounds give a complete cycle.

## **BARBARA O'REILLY**

Barbara, an RN and Certified Kripalu Yoga Instructor, has taught private and group classes since 1998. Although classes are anchored in the Kripalu style, she applies elements from a variety of yoga disciplines. As an experienced nurse, Barb incorporates her knowledge of anatomy, physiology, health, and wellness into her practice. In 1999 she set up the Center for Well-Being in her husband's medical practice in Bucks County, Pennsylvania. She has taught a variety of workshops including: Yoga for Equestrians, Chair Yoga, and a Chakra Yoga Study along with others. She is a strong advocate of daily or frequent home practice to supplement classes and workshops.

# STAR BARN YOGA

Retreat Registration

Autumn Retreat

September 24-26, 2010

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 (No need to answer this if you are Ginni's student.)

\_\_\_\_\_

\_\_\_\_\_

Are you willing to share a room? \_\_\_\_\_

Do you need 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 a massage during free time on  
Saturday? (Please pay Heidi at the time of your  
massage)

No thanks \_\_\_\_\_ Full Body \$40 \_\_\_\_\_ Head/Neck \$10 \_\_\_\_\_

Return completed registration, signed agreement, and check for \$280 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 \$280 pays for meals, lodging and workshop instructors from Friday, September 24 through Sunday, September 26, 2010.

I understand I will receive 50% back of the retreat fee if I cancel within 1 week of the scheduled retreat. Individual circumstances will be considered by Star Barn Yoga when requesting more than 50% return of paid fee.

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PRINT NAME

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SIGNATURE

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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.

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Signature

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Date