



STAR BARN YOGA

EARLY SPRING RETREAT

MARCH 26-28, 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 \$275, which covers lodging, food, and the presenters' fees and should accompany your registration.

The retreat begins Friday afternoon, March 26, with arrival by 5:30 and continues through lunch on Sunday, March 28. The schedule (which is subject to change, though we hope it won't!) is listed below. Meals will be delicious but light in nature, so feel free to bring additional snacks and beverages. Please advise us of any dietary restrictions/allergies on your registration form.

There is free time scheduled for Saturday afternoon, giving you the opportunity to snow shoe, 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.

Space is limited. 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 is 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. Please get your registration in as soon as possible to secure a space! Call 207-639-2999 with any questions.

RETREAT SCHEDULE

| | FRIDAY | SATURDAY | SUNDAY |
|----------------|-----------|--|--------------------------------|
| 6:00-6:30 AM | | SURYA NAMASKAR | SURYA NAMASKAR |
| 7:00-8:00 AM | | BREAKFAST | BREAKFAST |
| 8:30-11:00 AM | | Daria Babbit and Ginni Robie "MEDITATION and YOGA" | Megan Roberts "ANANDA YOGA" |
| 12:00 -1:00 PM | | LUNCH | LUNCH |
| 1:00 - 3:30 PM | | FREE TIME | DEPARTURE |
| 3:30 - 5:30 PM | ARRIVAL | Carla Keene "TRAGER" | |
| 6:00-7:00 | DINNER | DINNER | |
| 7:30-8:30 | | Ginni Robie "KUNDALIN YOGA" | Ginni Robie "RESTORATIVE YOGA" |
| 8:30-? | | | |
| | FREE TIME | FREE TIME | |



About our presenters

Daria Babbitt

Daria began her interest in the practice of meditation in 1972. Her association with Elwood Babbitt, a renowned psychic and metaphysical teacher, opened her to the importance of living in one's spiritual inner balance and how to nurture the quest for the opening of our inner spiritual potential. In the 1980's Daria learned meditation techniques from Tibetan monks visiting in the U.S. Daria currently facilitates classes in "healing with stones", meditation and spiritual development. Daria loves to knit, garden and dance. She lives in Salem with her cat Lotus.

Carla Keene

Carla Keene has been practicing Trager Therapy for many years. The Trager Approach is a pleasurable, gentle and effective approach to movement education and mind/body integration; the effects are deep and long-lasting. Many people seek Trager for personal growth or increased feelings of joy and wellness. Carla practices Trager Therapy in Livermore, Brunswick, and Fort Kent where she is currently taking classes to earn a nursing degree

Ginni Robie

Ginni became a certified Yoga instructor in 2003, shortly after moving to Maine. Her interest in the many facets of Yoga has caused her personal exploration to go beyond her certification criteria. Bringing you this Yoga retreat fulfills a dream that began with the inception of Star Barn B&B.

Megan Roberts

Megan has been practicing many styles of Yoga for over 20 years. In 1999, she became certified in Ananda Yoga which is a gentle yet energizing practice. "Energization" Exercises and asana affirmations are used to enhance the practice. Megan lives in Farmington and is the director of The Ski Museum of Maine. She enjoys watercolors, hiking and skiing.

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Retreat Registration
Early Spring Retreat
March 26-28

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? No thanks _____ Full Body \$40 _____
Head/Neck \$10 _____

Return completed registration, signed agreement, and check for \$275 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 if I follow instructions injuries should not occur.

I understand the fee of \$275 pays for meals, lodging and workshop instructors from Friday, March 26, 2010 through Sunday, March 28, 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.

PRINT NAME

SIGNATURE

DATE