

Star Barn inaugural yoga retreat draws from across the region

MADRID — Star Barn Bed and Breakfast, in conjunction with Star Barn Yoga, hosted what was most likely the first-ever yoga retreat in Madrid on January 30 through February 1.

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.

Area presenters shared their expertise on several topics. Daria Babbit of Salem spent the Saturday morning workshop explaining about meditation, which she feels is a tool that can be used by anyone to relieve stressful ways of thinking,

strengthen the intuitive process and explore the inner-self. Students examined different ways to meditate including sitting, walking and lying down.

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. Ginni Robie, owner of the B&B and Yoga Studio, instructed students in Restorative Yoga, yoga that uses blankets and bolsters to create the most release and relaxation for the body.

Sara Mulvey, also in Farmington and owner of Source 365, led the Sunday morning session with time spent in

meditation, Kundalini Yoga, Partnering Yoga, and Hatha Yoga. The yoga studio was also available for early morning individual practice, with candle light giving way to a beautiful pink sunrise.

Saturday afternoon's free time found some adventuring out on one of the property trails on snow shoes while others enjoyed a Vinyasa Yoga class.

"The whole weekend was wonderful—a good balance of meditation, introspection, exercise, relaxation, and social interaction," one participant commented.

The next retreat will be scheduled in early fall this year. Contact Star Barn B&B for more information.

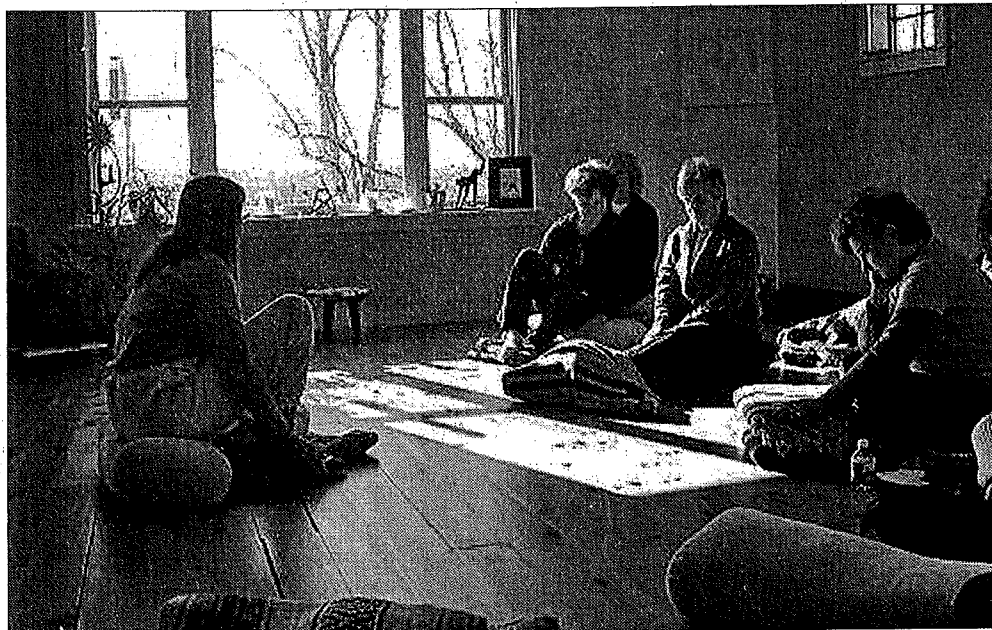


photo provided
**BREATHE IN,
BREATHE OUT ...**
Star Barn hosted what is likely the first-ever yoga retreat in Madrid early this month. Participants, shown above, tried out a variety of yoga and meditation techniques.