

Ludlow, Vermont Yoga Retreat May 19 - 21, 2023



heidi kassner yoga

BREATHE. SWEAT. LAUGH.
HEAL. CONNECT.





Perched up on a secluded hill with views of the Green Mountains (5 minutes from Okemo) and local Ludlow Lakes sits a beautiful home for our yoga retreat escape. We will have a wonderful 3 day/2 night yoga retreat up in beautiful Ludlow, Vermont. Our location is secluded and peaceful and truly immersed in nature. This amazing contemporary home sits on 16 private acres and is filled with amenities and luxury finishes to set the scene for our yoga retreat that begins at 5PM on Friday May 19, 2023 and runs through 11AM on Sunday May 21, 2023.

What's Included?

- 2 nights accommodations
- All meals, snacks, and beverages (fresh and healthy meals that are all vegetarian - vegan options at every meal)
- 4 yoga practices (some will be outdoors weather permitting)
- Guided group hike with meditation (optional)
- Personal retreat free time
- Evening fire pit with drinks and snacks
- Hot tub on the deck overlooking the mountains of Vermont



Accommodations Options & Reservations

There are a variety of accommodation options from single rooms to shared spaces. Reservations will be accepted on a first come, first serve basis. Heidi will reach out to you if there happens to be a conflict on your room choice. A \$200 non-refundable deposit (applied to balance) is needed to hold your place, with full payment due by 3/1/23. Email heidi@heidikassneryoga.com for payment arrangements (check, venmo, or credit card)



Bedroom #1 - Private King with Private En-Suite with XL Shower (Lake Rescue)

\$825 if one person is staying in this room

\$590/person if sharing the bed with another guest

If you are sharing this room with another participant please note that the cost becomes \$590 for each participant. Please complete a registration for each individual participant.



Bedroom #2 - Private King with Private En-Suite with Jetted Tub (Lake Amherst)

\$825 if one person is staying in this room

\$590/person if sharing the bed with another guest

If you are sharing this room with another participant please note that the cost becomes \$590 for each participant. Please complete a registration for each individual participant.



Bedroom #3 - Private Queen Bedroom with Shared 3rd Floor Bath (Ninevah)

\$745 if one person is staying in this room

\$540/person if sharing the bed with another guest

If you are sharing this room with another participant please note that the cost becomes \$540 for each participant. Please complete a registration for each individual participant.



Bedroom #4 - Two Twin Beds with shared bathroom (Tiny Ponds)

\$605 per person

If you do not request a specific person to share the room with when registering, please note that someone else may be placed in this room with you.



Bedroom #5 - Three Bunk Beds with shared bathroom (6 twins) (Colby Pond)

\$565 per person (3 available bunk beds which sleeps 6 people)

Please note that this is a shared room that may have up to 6 individuals rooming in it. If you are unable to sleep in a top bunk please be sure to share this in the health limitations section of the registration form.



Registration and Next Steps:

Please complete the registration form found here:

<https://form.jotform.com/heidikassner/heidikassneryogaretreatregister> and once complete you will visit

www.heidikassneryoga.com/retreat to pay your non-refundable \$200 deposit and pick out which room you are registering for. Remember, registrations will be accepted in the order they are received. You will pick out your desired accommodations at time of registration and we will be in touch to confirm. If you are registering with someone to share a room, please try to register at the same time and write in your room request who you want to share with. Private rooms are not shared unless you request it when registering or reach out to heidi@heidikassneryoga.com after registration. Each person attending the retreat will pay their own deposit, even if registering for more than one person at the same time.

I am so excited that you have chosen to invest in yourself to spend a weekend in Vermont as a community practicing yoga and meditation together. Please reach out if you have any questions or concerns at all!