




# **KARMA BARRE AND YOGA'S Catskill Mountain Summer Solstice Retreat! Thursday June 19 2025 - Sunday June 22, 2025**


Escape to the bliss of the Catskill Mountains during the Summer Solstice!


Immerse yourself in the breathtaking beauty of the Catskill Mountains at Orenda Retreat Center located in Big Indian, New York. The crisp spring air, the wildflowers in full bloom, and the growing warmth of the sun create a rejuvenating embrace. It's the perfect setting for a yoga retreat, where you can find your inner sanctuary and connect with nature's renewing energy.


It is also the perfect time for a nature retreat! Among the many spiritual meanings of the Summer Solstice is New Beginnings - a time to let go of the old and embrace the new. It's a time to set goals, reflect on progress, and welcome change. This theme sets the tone for our retreat where we hope to find balance, shed old patterns, connect to each other and replenish our minds, bodies and souls through a carefully curated program of yoga classes, fitness classes, meditation, and so much much more!


What to expect...


 **Customized Yoga Classes:** Discover the joy of movement with yoga classes designed to invigorate and restore your body from wear and tear. Whether you're a beginner or an experienced yogi, our expert instructors will guide you in a more intimate experience.


 **Invigorating Fitness Classes:** Join us in fun, upbeat classes, (including water aerobics!) uniquely choreographed to work all muscles groups set to our favorite tunes, in a non-intimidating setting! Whether you have been working out with us for years or you are new to Karma, you will love our fitness vibe!


 **Nature's Embrace:** Reconnect with the great outdoors as we embark on scenic hikes through the pristine Catskill wilderness.


 **Gourmet Meals:** Savor delectable, farm-to-table meals crafted with love. Our culinary delights nourish not just your body but your spirit, ensuring you feel truly indulged throughout your stay.


 **Group Singing Bowl Meditation:** The Crystal Singing Bowl Sound Bath is rooted in ancient traditions. It is an effective vibrational modality that facilitates a peaceful calm... a perfect foundation for optimal health, reduced stress & lower blood pressure. Let Tess flush your system with Light and Devine Love as she plays the bowls while you meditate!

 **Private Taro Card Readings:** Allow Tess to provide insight into the innermost truths of your higher self. Through the cards she can provide wisdom, guidance and an evolved awareness of what you already know deep within. (Additional fee for this service)

 **Luxurious Accommodations:** Choose your favorite room and bask in the comfort and serenity of our charming retreat center. Each room offers a unique blend of modern amenities and rustic charm, ensuring a restful night's sleep.

 **Pool time!** Swim in the salt water pool overlooking the mountains. This is an incredible opportunity to nourish yourself amidst the resplendent beauty of the Catskill Mountains this spring.

 **Private Massage:** Enhance your wellness with a relaxing massage by our fully certified massage therapist. Massage therapy can help with stress relief, pain management, lower blood pressure, and improved circulation. (Additional fee for this service)

 **Workshops:** Learn from local herbologist how to use native plants for everyday elevation.

SAVE 10% when you reserve your spot with a deposit by April 1, 2025!

Remainder due May 1st.