



Lake Blue Ridge Meditation and Yoga Retreat

February 22-24, 2019

Check in Friday ~ 4-6pm (first class will likely start at 6:30pm)

Check out Sunday ~ 12pm

Location: This retreat will be in the Blue Ridge Mountains near Lake Blue Ridge. It is about 95-100 miles from Atlanta. Please consider the traffic on a Friday afternoon when you plan your trip. If you would like to carpool, please contact me and I can help you find a fellow retreatant to ride along with or pick up.

Cabin Details and Pricing:

All prices are per person. Price includes lodging, all classes and all meals.

If booking a shared room, you can request a roommate or we will pair you with an awesome roomie. If booking a shared bed, please have both attendees name the other on registration form. Please be prepared to share a bathroom.

Main House: (3.5 baths)

Private Room with King bed (single occupancy) – \$795

or

Private Room with King bed (double occupancy) – \$685
(1 available)

Semi-private Room (curtain instead of a door) with King bed (single occupancy) \$785

or

Semi-private Room with King bed (double occupancy) – \$675
(1 available)

Private Room with Queen bed (single occupancy) – \$765

or

Private Room with Queen bed (double occupancy) – \$655
(3 available)

Guest House (1 full bath)

Private Room with Queen bed (single occupancy) – \$765

or

Private Room with Queen bed (double occupancy) – \$655

(1 available ~ You will access this room through shared room)

Shared Room (1 twin bed) – \$615
(4 available)

Early bird pricing (\$50 off!) ends on New Year's Day, 2019.

I am happy to answer any questions or concerns that you have regarding prices and accommodations. Please feel free to contact me anytime.

Meditation: Cheri will be the meditation teacher. The instruction will be appropriate for beginners and advanced meditators alike. No particular tradition will be highlighted. In fact, the goal of the retreat is to learn many different types of meditation so the retreatant has many options for practice. On the last day, making meditation a healthy habit that lasts will be covered, as well.

Yoga: Yoga will be taught by the lovely Nicole. It will be appropriate for both beginner and advanced yogis with an emphasis on preparing the body to sit comfortably for meditation sessions. Please contact me if you have a medical or physical issue that you would like your yoga teacher to be aware of during the retreat.

Cuisine: All meals, snacks and drinks will be provided by the amazing Susan and Gina of Delish Dish. I am certain that you will find all the offerings delicious. Please include in your registration information any dietary restrictions that your personal chef will need to be aware of during the retreat.

Pet: I often bring my dog, Psyche, to retreats with me. She is a 25lb. mini labradoodle. She does not shed and is hypoallergenic. Please let me know if you are afraid or allergic or would rather she did not come with us for some other reason.

What to Bring: I will send an email to all retreatants a week or so before the event.

Here is a general list for now:

comfy clothing for yoga and meditation

all toiletries

hair dryer

towel/wash cloth

sunscreen

bug spray

walking shoes

water bottle

watch

pair of earbuds or headphones (whichever is more comfortable for you) and a way to plug them into your smartphone

*camping chair

*meditation cushion

*sticky mat for yoga

*any yoga or meditation props
anything else to help you feel comfy and lovely

* Only if you have this item, if not, I will provide this for you. :)

What *not* to bring:

- Food (unless you have something you can't live without): Remember, we have been blessed with personal chef services. Also, we will have snacks available for you.
- Any controlled substances *including alcohol*.

What to do before the retreat:

Check the weather! This retreat is in the dead of winter in the mountains. It will be quite cold.

Expectations: This is an immersion retreat into the practice of silence and the cultivation of a new healthy meditation habit that lasts. Please plan to arrive before the first class of the retreat begins on Friday and leave after the last class on Sunday as a courtesy to the other retreatants. Wifi services and mobile services will be iffy as we will be in the mountains. Consider this a present from the universe and an opportunity to be completely unplugged. :) However, because of this, please download all apps requested of you in information email *before* you arrive in the mountains on a device that can accommodate headphones or earbuds. Again, this is an alcohol and drug free retreat.

Final Thoughts: Retreats are more than just a way to hone your meditation practice. It is an opportunity to commune with lovely souls that are on a spiritual journey just like you. It is a wonderful way to learn more about meditation and how to integrate it into your life as a healthy, new habit that lasts a lifetime. I am honored to have you join me on this meditation immersion weekend. Retreats are my very favorite thing and so hope you find the love, peace, calm and knowledge that you seek here with me and my staff on our retreat in the gorgeous Georgia mountains!

Much Love and Light to You,
Cheri

Note: Information listed here, as well as the menu and schedule listed on website are tentative and are subject to change. Coordinators will send an email to retreatants a few days before the retreat with more information, what to bring and any other relevant information to make your retreat lovely. Some planned activities that are scheduled for outdoors are weather permitting.