



# WEEKEND WARRIORS

Join Us for a Retreat to Strengthen  
your Power from Within.

**When:** May 5 - 7, 2017

**Cost:** \$999 per person for single occupancy

\$777 per person for double occupancy

\$500 deposit due by **April 1st** / Final payment due by **May 1st**

**Where:** The beautiful east end of Long Island.

Hotel Accommodations at Hotel Indigo, Riverhead NY

Retreat workshops held at Restore Yoga & Wellness

at Rockaby Farms, Yaphank NY

**What's Included:**

(2) Breakfasts (1) Lunch (1) Dinner (2) Night Hotel Accommodations

**Itinerary:**

## FRIDAY MAY 5TH

Check into Hotel Indigo after 3pm

7-8:30pm Evening orientation, evening meditation & reiki circle  
with Lilie

## SATURDAY MAY 6TH

8-9am Morning yoga on the lawn with Lilie

9:15 Light breakfast and smoothies at Bisto 72 after class

10:15 Shuttle to Rockaby Farms

10:30 Arrive at the barn, explore the farm

11-12:30- Morning Workshop - Healing from Within with Carol

12:30-1:45 - Healthy lunch box provided by Bisto 72

1:30-3:00- Afternoon Workshop I - Essential Oils with Custom

Blends Intuitively Crafted Just for you by Lilie

3:00-3:30 - Light snack and break

3:30-5:30- Afternoon Workshop II - Sound Healing with

Essen Ma'ayan & Rick Batyr



5:45pm- Shuttle back to hotel

8pm- Healthy Community Dinner at Bisto 72

(Special requests and drinks available a la carte)



## SUNDAY MAY 7TH

8-9am Morning Yoga on the Lawn with Lilie.

9:15 Light Breakfast and Smoothies at Bisto 72

Relax and enjoy hotel amenities and/or book a private service  
for one of the following treatments:

30 min. treatment available every 30 min. from 10am-3pm

12 avail spots. Request your preferred time, practitioner and  
treatment at booking.

Payment due at time of treatment (Cash only, ATM on site)

### Intuitive Counseling - with Lilie

Do you feel stuck, lost, or have a difficult decision to make?

Using Tarot, Oracle, or her intuitive connection to the Archangels,

Lilie will help you find the answers and guidance you seek.

### Reiki Treatment - with Mariko

Drawing from her ancestral roots, Mariko incorporates essential  
oils, herbs and crystals into her practice. Her healings are filled  
with love, awakening you to your inner truth and guiding you to  
tap into your own source of wisdom and master within.

### Nutritional Counseling - with Carol

As a Holistic Chef, Health Coach and doTerra Wellness Advocate,  
Carol teaches people to use food as their medicine and to bring  
mindfulness into their daily lives.

### REGISTER & PAY ONLINE AT

[restorewellnessandyoga.com/yoga-retreat](http://restorewellnessandyoga.com/yoga-retreat)

**For more information or to reserve**

**by phone, call 631.27.6618**

[www.hotelindigo.com](http://www.hotelindigo.com)

[www.restorewellnessandyoga.com](http://www.restorewellnessandyoga.com)

