

# Sneak Peek: Fall Harvest Retreat: A Foray into Health and Wellness



Come join us at *Soyuzivka Heritage Center* this fall for two nights & three days of health, body wellness and rejuvenation at our Fall Harvest Retreat. We will be offering a unique blend of yoga and relaxation, along with seasonal and fresh farm-to-table meals, and wilderness and culinary adventure of mushroom hunting, wine pairing, and culinary delights from the diverse regions of the Hudson valley forests. You will leave feeling refreshed and rejuvenated, with a new outlook on your health and your life.

**When:** Friday, September 14 - Sunday, September 16, 2018

**Where:** *Soyuzivka Heritage Center, Kerhonkson NY* –  
a unique, private wellness destination

**What to expect:** Each morning your day will begin with a yoga class option or sleep in if you need to catch up on rest. Meditate with friends. Forest bathe. Meet up with like minds. Expect a positive and profound impact on your life and wellbeing.

- 5 yoga classes 1 qigong taught by experienced & certified instructors
- All meals which will be locally sourced- seasonal- fresh farm-to-table
- A creative/artistic segment tapping into our right brain selves
- Guided mushroom foray and forest walk
- Use of all updated amenities at *Soyuzivka Heritage Center*. Body work options

Send us an email at [soyuzivka.events@gmail.com](mailto:soyuzivka.events@gmail.com) to be added to our updated VIP list or call us at (845) 626-5641 for complete schedules/itineraries and reservations!