



Friday October 16-18, 2015
Yoga & Meditation Retreat!
Angel's Rest Retreat, Leyden, MA

**For New and
Experienced
Yogis!**

**Join us to Relax, Replenish & Nourish
your mind, body & soul!**

Teaching & Contemplation

J will offer teachings on the Bhagavadgita ("Gita," meaning "the Song of the Blessed One," is one of the most important texts in the history of yoga). The Gita is a magnificently beautiful sacred poetic text that will transform your life. Each time you contemplate its message, the Gita reveals greater truths and insights valuable for our lives.

"It is a response to moral chaos; a guide for the perplexed; and a prolonged meditation on the nature of God, the immortality of the Self, and the practical needs of everyday life... We learn about family and country, individual responsibility and personal ambition, the importance of courage and cowardice, success and failure, immortality and death, worldliness and the nature of the divine." (Dr. Douglas Brooks: Poised for Grace-Annotations on the Bhagavad Gita from a Tantric View, 2008)

The Gita is a sacred text which guides us on how to live a spiritual life. It urges us to question and contemplate "How should we live?"



Angel's Rest Retreat is a beautiful & healing retreat center nestled in the woods. This will be an opportunity for you to connect more deeply to your highest Self & with others. There will be time for individual reflection, great conversation & connection & fun!

About J. Vecchia

J is a Certified Yoga Teacher and has over 1,500 hours of training in yoga, pranayama & meditation & is an Experienced Registered Yoga Teacher (E-RYT 500 hr.) with the national Yoga Alliance.

Accommodations & Food

Angel's Rest is a lovely retreat house. It offers us several rooms with two-five beds in various rooms for our use. It also has two hot tubs for our enjoyment! Angel's Rest offers a delicious menu of foods to suit all of our palates. All food is homemade, exquisitely delicious and primarily organic. Please see authentic photos of Angel's Rest at: www.angelsrestretreat.com



Pre-register today at:
www.massagetherapyyoga.com
Questions, please contact J at
j@massagetherapyyoga.com.

Recommendations

"The yoga retreat was a total get-away from the routine and stress of daily life. The food was amazing - so healthy, plentiful, and downright delicious. There was never a moment of worry about whether I was "good enough" at yoga: everyone just worked at their own level and that was accepted and encouraged. J set the tone for the weekend with her warmth and joy. She led us through breath work, chanting, meditation, and yoga throughout the two and half days. The teachings were new to me, but they blended in with the whole retreat so that the effect was magical, serene, and loving. I guess if I had to sum up the weekend in one word, I couldn't: it would have to be two words: fun and peaceful!" L.G. Lindberg

"Thanks for a wonderful weekend! Great teaching in such a comfortable, warm supportive group. J is a very inspiring and knowledgeable teacher. Her positive energy and spirit are infectious!" G. Gilson

Price

Big Discount Offering: Register by Sept. 18th, 2015 with a friend for \$499.00 each for complete weekend.!

(Price includes two nights lodging, six meals & complete yoga program!)

(OVER 15% SAVINGS!)

Pay \$249.50 each to reserve your space by 9/18.
Remainder of \$249.50 each due by 10/09.

After Sept. 18th-\$599.00 per person.

