A WOMEN’S WINTER Weekend Retreat

Begin the new year with a personal pause and time for yourself.

January 15-17, 2021
nestled in the woods of St. Joseph, Michigan

with Jackie Tracy

Taking time to pause and allowing yourself to slow down is a genuine gift to your well-being. It is in the pause that we can often feel more connected to what is meaningful and what really brings us joy. With that clarity comes a refreshing energy and perspective on life which influences our daily living.

Retreats offer a simple pause when everything is taken care of for you: a comfortable bed, healthy food, quiet time to do whatever you wish, connection to others, a relaxing massage and nourishing yoga practices that bring you back home to yourself.

Join Jackie this January in a luxurious private rental home just outside of St. Joseph, Michigan. Heated yoga floors, two outdoor hot tubs and a fire pit overlooking the woods make this an exceptional place to unwind, slow down and transition into the new year.
What's included in this weekend retreat

- 4 yoga classes with an emphasis on movement and the breath, open to all levels, but highly recommended to be able to put weight on your hands and knees
- 2 nights of accommodations in luxurious beds
- Private chef and 4 healthy California cuisine meals; self-serve breakfast in the mornings
- Unlimited access to outdoor hot tubs

Pricing

- Only 10 rooms are available and will be reserved on a first come, first serve basis. Limited number of spaces available.
- Single occupancy $1000, double occupancy $600, triple occupancy $550, quad $500. The rates are per person.
- Visit Beverly Yoga Center for deposits and payment plans.

What isn’t included

- Optional Massages
- Alcohol *(You may bring what you would like to drink.)*

Details

- Check-in on Friday, January 15th after noon
- Depart on Sunday, January 17th before 1:00 pm, after yoga and brunch
- Please bring a yoga mat and blanket.
- Friday yoga class begins at 5:30 pm. All other class details will be sent out prior to weekend.

Cancellation Policy

A $300 non-refundable deposit to secure your space unless space can be filled by another registration. $150 administrative fee for cancellations.

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Jackie Tracy

Jackie caught the yoga bug in 1999, and after practicing yoga for over ten years, she made the decision to enter a teacher training. In 2010, she completed her 200 hour training with Dana Julius (E-RYT 500) in Aspen and Denver, Colorado, concentrating on the vinyasa karma method. She taught for eight years in the Aspen area, leading classes for all ages and abilities, with a focus on mindful, strengthening movement and accommodation of injuries and sensitivities.