



Mid-Summer Mountain Yoga Retreat

Shrine Mont

Friday, June 25 - Sunday June 27, 2021

Double Occupancy Room Rate: \$325

Single Occupancy Room Rate: \$370

Rate includes 2 nights lodging, 6 meals, and instruction

Take a break from your busy life with a weekend yoga retreat in the cool beauty of the Shenandoah Valley. Richmond area instructors, Leah Husk and Bonnijean Boggess will be leading a variety of all-level yoga classes in indoor and outdoor spaces in and around the historic Shrine Mont Retreat Center located in the quaint town of Orkney Springs, Virginia. Take a step back in time to the natural beauty and historic buildings of this hidden gem. You will have time to explore the grounds, history and enjoy the wonderful southern menu items offered in family -style dining or take out. The chef can accommodate vegan, vegetarian and other dietary restrictions.

Leah Husk is an AFPA certified Personal Trainer, an AFAA certified Group Exercise Instructor and a Biometrics certified Nutrition and Strength Training Coach as well as 200 hour certified yoga instructor. She has been an active member in the fitness industry since 1987 when she was a member of the Board of Directors of the White House Athletic Center at The White House in Washington, D.C. Leah is a fitness presenter for DCAC Fitness Conferences and the author of "I'm Hungry; A Personal Trainer's Collection of Good Food Recipes." She owns and operates Leah Husk Fitness, LLC where she specializes in private and corporate fitness.

Bonnijean Boggess has been leading yoga and other fitness classes in the Richmond area for over 15 years. She spends her days working with high school special needs students and her free time leading classes at Greater Richmond YMCA branches. She is AFAA group exercise, yoga and Pilates certified and lives in Mechanicsville, Virginia. She and her husband purchased a cabin near Orkney Springs last summer and fell in love with the area.



FOR MORE INFORMATION CONTACT SHRINE MONT RESERVATIONS@SHRINEMONT.COM / 540 856-2141

OR VISIT OUR WEBSITE WWW.SHRINEMONT.COM