

# SIMPLY YOGA IN THE MOUNTAINS



**April 30 - May 2, 2021**

**Double Occupancy Room Rate: \$325**

**Single Occupancy Room Rate: \$370**

**Rate includes 2 nights lodging, 6 meals, and instruction**

Devote a weekend to your well-being and reawaken with yoga this spring! Spend three beautiful days in the Shenandoah Valley at the historic Shrine Mont Retreat Center, located in Orkney Springs, Virginia. Join us in active and passive yoga practices, including Hatha asana, gentle, and Yin yoga. Find rest and renewal through daily guided meditations, and enjoy the serenity and beauty of this unique mountain sanctuary. Shrine Mont offers hiking and space for contemplative strolls, pure mineral spring water, and nourishing and delicious homestyle southern meals. Chefs are also able to accommodate vegetarian and gluten free diets.

Debbie and Lisen will be your hosts for the weekend. They met in Yoga Teacher Training and are both passionate about yoga and personal growth. They bring years of combined experience to their yoga practices and love sharing the beauty of yoga with others. Lisen — a teacher and world traveler, returned home to the Shenandoah Valley with her young family, four years ago. Debbie — retired from corporate life and financial services, and has lived in the valley most of her life.

FOR MORE INFORMATION CONTACT SHRINE MONT [RESERVATIONS@SHRINEMONT.COM](mailto:RESERVATIONS@SHRINEMONT.COM) / 540 856-2141  
OR VISIT OUR WEBSITE [WWW.SHRINEMONT.COM](http://WWW.SHRINEMONT.COM)