

# kusala YOGA

**Kusala Yoga's Fall 2010 Retreat in the amazing Berkshire Mountains**



Come connect with the earth and nature and with your mind and body next to a fireplace or a water fall with great vegetarian food and good people.

The retreat will begin on Friday November 5th at 4pm with an optional yoga class and dinner and end Sunday November 7th after lunch.

The weekend will be filled with Vinyasa and Restorative Yoga taught by Melissa and Julianna and optional periods of Mindfulness Meditation led by Melissa. There will be the option of times in silence and in solitude and times shared in the spirit of uplifting community.

We are very much looking forward to this weekend and hope to see you there.

## COST:

The cost of the retreat is \$285 for the weekend, which includes meals and a shared room, Yoga classes and Meditation.

Early bird registration before October 1, the cost is \$250.

There is an option for private accommodations which is \$50 more. If you know with whom you would like to room please indicate that on the registration form. Otherwise we'll assign you a roommate

## TO REGISTER:

Registration forms are available on the website.

[www.kusalayoga.com](http://www.kusalayoga.com)

The retreat location is in the Berkshire Mountains at the lovely Shaker Mill Inn Farm.

[www.shakermillfarminn.com](http://www.shakermillfarminn.com)

## HOW TO GET THERE:

### By Train:

Amtrak takes about 2 and a half hours from Penn Station to Albany, NY ([www.amtrak.com](http://www.amtrak.com))

### By Bus:

Greyhound takes about 3 hours from NYC to Albany, NY ([www.greyhound.com](http://www.greyhound.com)).

### By Car:

It's about 3 hours to the Inn from the city. If carpooling options are available, we will be letting you know. Please let us know if you are interested.

\* Transportation costs are not included \*. The train and bus are about \$35 each way if you book early.

We will be providing a \$10 shuttle from and to the bus/train station (about a 35 min ride).

Feel free to contact us with any questions by email at [info@kusalayoga.com](mailto:info@kusalayoga.com) or by phone (917) 251-1359

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[www.kusalayoga.com](http://www.kusalayoga.com)

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