

WHAT'S INCLUDED

Daily yoga & meditation practices • Journaling workspace & prompts • Workshops to nurture your inner fire • Evening teepee fire ceremony • Cozy karaoke night • Chocolate tasting • Free time to explore town or find a quiet corner • Nourishing homemade meals (all included!) • Did we mention two yoga practices daily?



Amenities

Hot tub • Washer/Dryer • Coffee & Tea Bar • Karaoke Lounge • Firepit Teepee •

Mountain View • 5-minute walk to Bridgewater Corner Store and Long Trail Brewing Co. • 7 miles from the towns of Killington & Woodstock.



THE EXPERIENCE

Thursday, November 13th: ARRIVAL

4pm: Receive bedrooms locations, unpack, greet others & explore.
5:30pm: Hearth Room~Opening Circle, intros, meditation, & open your journals
7pm: Dinner is served: Beef Stew with crusty bread & dessert.

Friday, November 14th: DAY 1

7:30am Coffee/Tea/Breakfast: (bagels, fruit, boiled eggs, oatmeal & avocado.
9am: Opening Circle: Poking the Embers, *bring your journal
10:15am: Morning Yoga Practice
11:30am- 12:30pm: Build-Your-Own Lunch
12:30-4pm Open Time-relax in the hot tub, journal, walk the land, visit town, or connect with others
4pm-5:15pm: Afternoon Yoga Practice w/Sound Healing
6pm: Ziti with homemade meatballs, kitchen sink salad and crusty bread
7:30pm: Karoke Mic Check: Sing it loud or sit back to soak in the fun.

Saturday, November 15th: DAY 2

7:30am: Coffee/Tea/Breakfast
9am: Embers Within Workshop
10:15am: Morning Yoga Practice
11:30am- 12:30pm: Build-Your-Own Lunch
12:30-3pm: Open Time
3pm: Afternoon Yoga Practice
4:30pm: Teepee/Fire: Release to Reset
6pm: Greek Chicken, zucchini, onion, peppers, olives, tomato, feta cheese & white rice. (probably served with crusty bread.)
7:30pm: Chocolate Tasting

Sunday, November 16th: DAY 3

7:30am: Coffee/Tea/Breakfast
8:30am: Morning Yoga Practice
9:45am: Closing circle, sharing last thoughts
11am: Pack up & depart from Embers Within

THE ACCOMMODATIONS



THE FOREST LOFT:
 4 Double beds, 1 Bunk
 \$875



MAPLE HOLLOW:
 4 Double beds, 1 Bunk
 \$875



GATHERING GROVE:
 6 Bunkbeds
 \$750



TIMBER DEN:
 1 Queen Bed
 \$975



**WANT TO SHARE
 A BED?**
 Bring a friend
 \$600