

**The Woods Inn
hosts
Stepping Into You:
A Journey to Clarity & Calm**

April 25-27, 2025

Your Retreat Includes:

- 2 Nights of Accommodations at the beautiful, historic Woods Inn.**
- Mini Reiki Sessions & Tarot Readings for personal insight and energetic healing.**
- Guided Meditation & Breathwork to cultivate stillness and inner clarity.**
- Five Sense Yin Yoga & Sound Healing: Releasing to Receive – a deeply restorative session.**
- Kundalini Yoga & Meditation to honor your inner wisdom and intuition.**
- Yoga Nidra to align with deep relaxation**
- Nourishing Meals & Free Time to Explore the charming town of Inlet.**

**\$775 per person for semi private and
\$875 per person for private**

**In collaboration with
In Bloom Yoga**

facilitators

Gina Rossi, Wendy Chapman, Violet Elli, & Martha Kodsy

**call Woods Inn 315-903-0000 to book or email
info@inbloomyogastudio.com for a more information**

148 Route 28., Inlet, NY 13360

