## 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

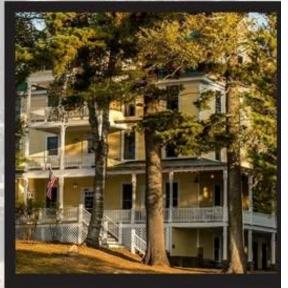
> in collaboration with In Bloom Yoga

> > 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