

HEART & SOUL YOGA

*Rooted in Nature
& History Retreat*

Location: The Inn at Jim Thorpe
Jim Thorpe, PA

"The Switzerland of America"

Travel time: 1.75 hours from Cherry Hill, NJ

Dates: November 4-6, 2022

Check-in: 4pm Friday, November 4

Retreat Kickoff: 6pm, Friday November 4

Check-out: 1pm Sunday, November 6

End of Retreat: 2:30pm Sunday, November 6



HEART & SOUL YOGA

Rooted in Nature & History Retreat

Retreat Includes:

- 4 yoga classes
- Meditation & breathwork
- Alignment Workshop
- Breakfast (\$10 voucher to Broadway Grille)
- 70 minute ride on Lehigh Gorge Scenic Railway
- Tour of Asa Packer Mansion
- Snacks, dinner, and wine (prepared by Danielle & Melissa)

Local Activities for Free Time:

- Biking (rentals available)
- Hiking (various trails close by)
- Local Shopping, Juice Bars, and Coffee Shops
- Craft Bars, Vineyards, Distilleries, and Pubs
- Mauch Chunk Museum & Cultural Center
- Old Jail Museum



Retreat costs \$400 per person split into two payments—\$200 due by 8/19/22 and \$200 due by 10/14/22. Housing is a separate cost. Housing is a separate cost. Retreat cancellation policy requires a notification by 10/14/22 for a full refund.

Please bring your own yoga mats and props for practice. Please provide your own transportation (carpooling is encouraged.) If you have any dietary restrictions or food allergies, please contact info@heartsoulyoganj.com no later than 10/14/22.

HEART & SOUL YOGA

Rooted in Nature & History Retreat

ROOM OPTIONS:



Standard: Queen
10 Rooms Available
Cost: \$373.10
(\$171.15 + taxes)



Standard: 2 Queens
1 Room Available
Cost: \$418.88
(\$192.15 + taxes)



Mini Suite: King with Whirlpool
1 Room Available
Cost: \$613.44
(\$281.40 + taxes)



Mini Suite: 1 King & 1 Queen with Whirlpool
1 Room Available
Cost: \$613.44
(\$281.40 + taxes)

For more information on each room, please visit <https://innjt.com/rooms>.

All rooms are located in the 44 West Broadway location. Prices reflect 2-night stay, and you will be charged upon check-in. To reserve a room, please contact the Inn at Jim Thorpe at 800-329-2599. State you are calling for the Yoga Retreat. Room cancellation policy requires a notification 5 days prior to the retreat.