

# Yoga indulgence? Yes!

Yoga = union

Indulgence = gratification of desire



On this relaxing and rejuvenating weekend, indulge yourself – body, mind, and heart – to create union of your inner and outer being.

Connect to your body/mind through yoga postures, meditation and breath work. Open to your heart through the music and chanting of kirtan. And settle into

luxurious accommodations, scrumptious 4-star meals, and the tranquility of the scenic Eastern Shore.

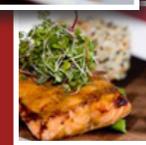


## “Best Outdoor Dining Best Caterer”

“A property that’s grace is rivaled only by its history, the Kent Manor Inn looks like something out of The Bridges of Madison County. Executive chef William Lackey’s Eastern Shore-influenced take on new American cuisine produces subtle tweaks to longtime favorites, like lump crab-stuffed blue prawns with risotto and prosciutto, or crispy-skinned Chesapeake rockfish served with lobster chorizo bread pudding— just the kind of dishes that seem a perfect experiment when taking in the restaurant’s stunning views of Thompson Creek.”

*What’s Up Magazine*, “Best of the Eastern Shore 2009”, June 2009

*\*vegetarian options will be available\**



## Historic Kent Manor Inn

Kent Manor Inn is the perfect location to experience pure indulgence. Its Victorian style guest rooms include a mixture of Italian marble fireplaces, poster beds, window seats, balconies, and panoramic water views. From leisurely walks through the Inn’s sculpted gardens and walking trails, to gourmet cuisine in the Inn’s terraced dining room, the quiet elegance of Kent Manor Inn is designed to caress your senses and soothe your soul. And since all yoga events will be held in the glass-enclosed Waterfront Garden House, your view of the quiet waters and lush grounds will infuse every breath and movement.



500 Kent Manor Dr., Stevensville, 410-643-7716  
www.kentmanor.com

## Weekend Package Prices



Total weekend price per person is all-inclusive: deluxe accommodations including complimentary wireless internet service, gourmet meals, tax, gratuity, plus 10 hours of yoga (\$180 value) of heart-opening, therapeutic Hatha Yoga, meditation, and chanting.

- Quadruple Occupancy Room – \$439 per person
- Triple occupancy Room – \$479 per person
- Double occupancy Room – \$519 per person
- Single occupancy Room – \$589 per person



RELAX...

REJUVENATE...

REVITALIZE...

It is easy to neglect our Self in today’s busy world. But, if we offer ourselves the gift of yoga, the secrets of the universe will begin to unfold. Unfolding, or letting go, is a simple yet layered practice. It begins when we have the time and space to allow ourselves to open to our fullest, sometimes unexplored, potential.

To help you explore unfolding this weekend, the retreat will offer several choices to help you get spacious, slow down, to just be and feel...

Begin each day with clarity and peace in Kelly’s seated meditation practice that combines guided and silent meditation. Then Kelly and Lucy will teach mixed and advanced yoga classes designed to help you strengthen, lengthen, and challenge your body/mind in new ways. End each day with Lucy’s deeply relaxing yoga nidra practice to settle you into a fully relaxed night’s rest. For deeper rest, there is optional therapeutic massage.

Saturday evenings live guitar kirtan explores an ancient practice of chanting the names of love to relax your mind and open your heart.

Finally, lest you wonder whether a weekend of self-indulgence is warranted, studies show that time spent relaxing, rejuvenating and revitalizing is time well spent. So, just for the weekend, give yourself permission to turn off the cell phone, leave the computer at home, give the Inn’s phone number to those you love - and then, take the well-deserved self-care time that you crave. You will return refreshed and deeply aware of how yoga practice and your self-care “time out” will improve your daily life.