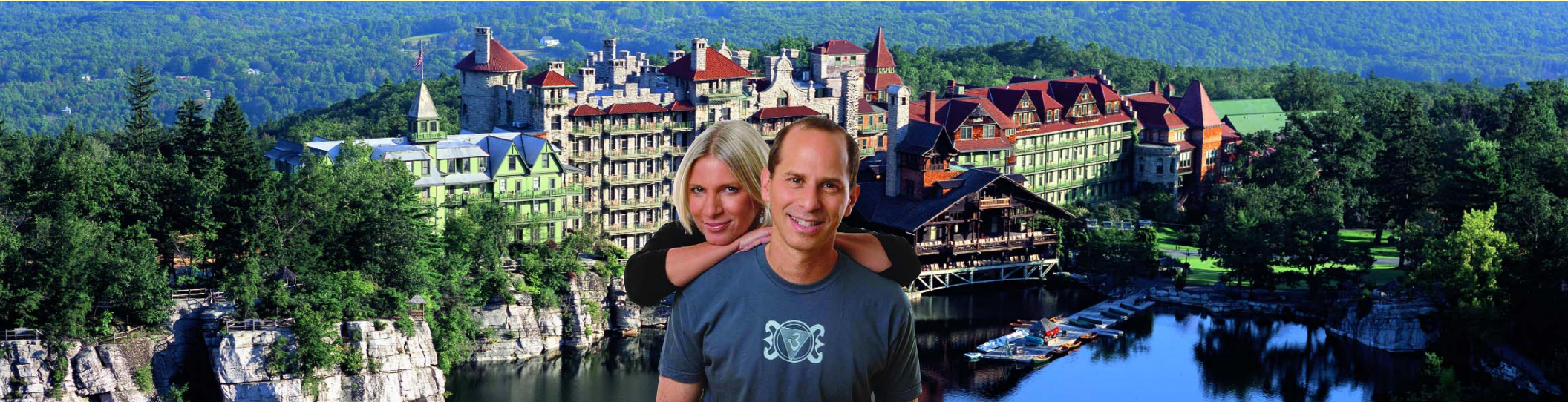


SPRING YOGA AND MEDITATION WEEKEND

APRIL 23-25, 2010 WITH RITA TRIEGER AND BRUCE BASSOCK



JOIN RITA TRIEGER, EDITOR-IN-CHIEF OF *FIT YOGA* MAGAZINE, AND BRUCE BASSOCK, OWNER OF ELEMENTS YOGA AND WELLNESS CENTER, for a weekend of yoga and meditation. Build strength and endurance, release stress, and soothe your soul in the beautiful surroundings of Mohonk Mountain House.

APPROPRIATE FOR ALL LEVELS—BEGINNERS ARE WELCOME!



**Mohonk
Mountain House**

is a National Historic Landmark resort located just 90 miles north of New York City. Overnight rates include meals, afternoon tea and cookies, and most activities, including use of the heated indoor swimming pool and comprehensive fitness center in our Spa wing.

FOR RESERVATIONS CALL 800.772.6646 or visit www.mohonk.com

SPRING YOGA AND MEDITATION WEEKEND

FRIDAY, APRIL 23

6:00 p.m. - 7:00 p.m.

**Intention Setting, Gentle Yoga and Meditation
with Your Hosts Bruce Bassock and Rita Trieger**

Release tension and let go of stress. Surrender tired muscles and soothe your frazzled soul with a gentle and nurturing yoga practice designed to set the tone for a relaxing weekend. Finish with a moment of meditation.

SATURDAY, APRIL 24

8:30 a.m. - 9:45 a.m.

"Mind over Muscle" with Rita

Build strength and endurance in harmony with your body, mind, and spirit. Let Rita guide you through a challenging and fun practice that will reveal how to get stronger without forcing or "bullying" your way into postures. You'll also enjoy some basic restorative poses.

10:00 a.m. - 11:15 a.m.

"Flow with Grace" with Bruce

Bruce will lead you in an Anusara Flow class where you will learn how to move through your yoga poses with grace and ease. With Bruce's gentle guidance, discover your strength as you maintain healthy alignment so that you will be better able to stay safe and free of injury in your yoga practice.

SATURDAY, *continued*

5:00 p.m. - 6:30 p.m.

"Sweat and Surrender" with Bruce and Rita

Discover a whole new you—let go of your yogic inhibitions and explore your practice in a refreshing new light. Enjoy the music, get in sync with your breath, and then dissolve into the serenity of your own authentic heart.

SUNDAY, APRIL 25

9:00 a.m. - 10:30 a.m.

"Namaste" with Bruce and Rita

Parting is such sweet sorrow! Enjoy the energy of your fellow yogis and yoginis during one last practice as the Mohonk *kula* (community of the heart). Prepare to take the peaceful feeling of well-being back into your everyday life as we look forward with intention to meeting on our mats sometime in the future.





YOGA AND MEDITATION PROGRAM LEADERS

BRUCE BASSOCK is a former commodity and equity trader turned yogi. After healing his back and reducing his blood pressure through the practice of yoga, he decided to become an instructor and share the healing effects of yoga with others. Bruce has been teaching yoga for over 15 years and owns Elements Yoga & Wellness Center in Darien, Connecticut. Here he developed the first Yoga for Men Program, which has gained national attention and was featured in *The New York Times*. Bruce is an Anusara-inspired instructor and teaches an alignment-focused slow flow class. He has a gentle and warm approach to his teachings, which he sprinkles with a dash of humor. To read more about Bruce, visit www.elementsyoga.com.

RITA TRIEGER is the editor-in-chief of *Fit Yoga Magazine*, and the author of *Yoga Heals Your Back* (Fairwinds, 2005), and the meditation CD *Tranquil Mind*. She has studied with some of the world's most renowned teachers, and she incorporates many different traditions into her inspiring and challenging flow-style classes. Rita is also an advanced certified Relax and Renew (restorative yoga) teacher, as well as a Reiki practitioner. She lives, practices, and teaches yoga in New York City and in Connecticut at Elements Yoga, Stamford Hospital's Health and Fitness Institute and Center for Integrative Medicine, and the Bennet Cancer Center. Her dedicated students are truly a testament to the kind of person and teacher she is. Take this opportunity to discover why Rita has touched so many with her genuine and spirited style. To read more about Rita, visit www.ritatude.blogspot.com.

For descriptions of Mohonk Mountain House's other theme programs, please see www.mohonkthemeprogams.com.



THE SPA WING AT MOHONK MOUNTAIN HOUSE

Mohonk Mountain House features a Spa wing with an indoor heated swimming pool, comprehensive fitness center, and The Spa at Mohonk Mountain House—with treatments ranging from massages to facials to manicures, pedicures, and more.

Spa reservations are required—please call 877.877.2664.



SPECIAL SPRING YOGA AND MEDITATION WEEKEND RATES

Rates start at \$217* per person, per night, double occupancy. The single occupancy rate starts at \$272* per night.

When making reservations, please specify *Spring Yoga and Meditation Weekend*.

Inclusive rates feature bountiful breakfast and lunch buffets with dinner as a traditional served meal, afternoon tea and cookies, and most activities, including use of the indoor heated swimming pool in our Spa wing.

SPECIAL THREE-NIGHT GRAND GETAWAY PACKAGE with rates starting at \$186.90* per person per night, double occupancy!

This special rate includes turndown with chocolate, a welcome gift, coupon for 15% off Gift Shop purchases and 10% off Spa services and purchases. Mention "Grand Getaway" package and Yoga and Meditation Weekend. *May not be combined with any other discount. Not available to groups. Subject to availability.*

*Applicable state and local taxes will be added to your bill. In lieu of tipping, a 15% service charge is added to your daily room rate. A 15% gratuity is added to beverage checks and room service. An 18% gratuity is added to Spa services. Rates are subject to change without notice. A one night deposit is charged at the time of booking.

FOR RESERVATIONS CALL 800.772.6646 or visit www.mohonk.com