

## The Inn at Lonesome Hollow

Elegant Lodging in a haven of natural beauty



### The Inn's amenities...

- ?? Three deluxe B&B rooms, two large 2-bedroom suites, lovely private cabin
- ?? Whirlpools, fireplaces, king and queen beds, amish furniture
- ?? 160 acres of secluded valley and ridge land with 4 miles of private hiking trails
- ?? Gardens, large pond, gazebo

Experience the rural tranquility and rugged beauty of the Driftless Area...

[www.lonesomehollow.com](http://www.lonesomehollow.com)

608.624.3429

## Your hosts

### Colleen Baldrica



Colleen Baldrica began her spiritual journey as a child. Inspired by the teachings of her Native American grandmother, she carried that wisdom forth into her career as an adult. With a Masters degree in Counseling and a PhD in the Philosophy of Education, she worked in public education for 28 years. As the author of "Tree Spirited Woman" (Beaver's Pond Press 2006) she has begun a new quest - to share with others what experience has taught her about those simple truths she learned as a child. To learn more about Colleen, go to [www.colleenbaldrica.com](http://www.colleenbaldrica.com).

### Jeanne Penton, B.S., ACSM

Owner - Path to Wellness



Jeanne has fifteen years of experience in the health and wellness industry. She is a certified personal trainer, yoga instructor, and public speaker. She has worked with many populations including children, seniors, physically disabled, post-cardiac, diabetics, pre-post natal, cancer survivors, athletes, educators, and general population fitness enthusiasts. Her philosophy of wellness involves finding a healthy life balance, and in addition to physical fitness components, she teaches her clients to live mindfully and bridge the gap between mind and body. Self-acceptance, mind/body awareness, and stress management serve as the foundations of her teachings.

## A Journey to Balance



### Finding your personal path

A retreat for women

August 28~30, 2009

Being held at

The Inn at Lonesome Hollow

Soldiers Grove, WI

## The Yoga Experience

Treat your spirit to a weekend of relaxation and rejuvenation in the beautiful valley of Lonesome Hollow. Yoga and meditation sessions will increase your feeling of serenity and peace during this breathtaking getaway.

Yoga and meditation is a wonderful and awakening practice that doesn't discriminate. **All levels are welcome.**

The style of yoga taught is a non-purist blend, combining elements of Vinyasa, Iyengar, and Anusara. The focus is on connecting breath with movement, letting go of competition with ourselves and others, and achieving harmony within mind, body, and spirit.

### Interactive workshops (led by Colleen):

**Listening Exercises:** Do you consider yourself a good listener? This weekend you will learn to listen to your inner self and to the sounds around you.

**Journaling:** Journal writing is a voyage to the interior. Understand the benefits of journaling and discuss strategies and practices.

**Your Life Journey's Foundation:** Explore your own core values and identify which values you use over and over again when making your life/work decisions.

**Let Go and Trust:** What does it mean to 'let go' and why is it sometimes so difficult?

## The Retreat

During your time here, you will hold the power of personal transformation, of honoring the divine within you, and of remembering and celebrating your uniqueness. Morning and evening yoga and meditation sessions (90-minutes) will be offered. Weather permitting, the meditation portion will be held on the serene grounds of Lonesome Hollow.

There will be a full breakfast following morning yoga (included in your stay), and interactive workshops will be held late morning and early evening (see descriptions to the left).

The afternoons will be your time to partake in what moves your spirit; walking the grounds, strolling through the towns of Crawford County, driving along the Mississippi River, scheduling private time with Colleen or Jeanne, enjoying a massage or experiencing Healing Touch (appointments available to you at the Inn).

Friday and Saturday evenings, come join us for a wine and cheese reception, and relax over friendly conversation and a campfire.

Detailed agendas will be available upon registration.

## Cost

### **The Retreat:**

\$139 early bird (registered by 7/31)

\$159 (after 8/1)

*Please bring your own yoga mat and ensure appropriate attire (comfortable clothing, not too loose; good walking/hiking shoes highly recommended) Yoga props will be supplied for all participants (straps, blocks)*

**Massage:** A licensed massage therapist will be available during your retreat stay. Appointments can be scheduled upon your arrival at the Inn. Additional fee applies.

**Healing Touch:** Healing Touch is a type of complementary healing using hands-on and energy-based techniques to balance and align the human energy field. Body, mind, emotion and spirit are touched through this therapeutic process and each individual is empowered to participate fully in his or her own healing journey. Healing Touch will be offered by Nora Knapik, Innkeeper at Lonesome Hollow, and Healing Touch Apprentice, for no additional fee.

**Lodging:** Rates start at \$89/night. Please contact Pete and Nora Knapik at the Inn at Lonesome Hollow for more information and to reserve your room. **Online booking is not possible for this event, please call the Inn directly: 608.624.3429**

**Please contact Jeanne at 847.624.8766 for more information and to register for the retreat. Space fills quickly and is limited to 16 participants to ensure a personal, empowering experience.**