Yoga Class with Zoya Denure April 26,27,28

Join us for a weekend of activities designed to help you feel empowered, positive, focused, rooted and calm! Zoya Denure, our very own local Iditarod competitor, outdoors woman, and Yoga instructor will lead you through relaxation, back care, Vinyasa and a candlelight yoga. Zoya is RYT 200 certified through Peak Beings Yoga, Unified yoga.
Melisa Kelsey with North Pole Therapy Bodywork for Restoration will be here to schedule massages, pedicures with DeeDee, a jazz dance class with Michelle from Delta Dance Studio, an Indian cooking class, and a little bit of DIY natural beauty care by Helen! Bring a towel and appropriate apparel for the sauna.

Check in is anytime after 3:00 on Friday 4/26, but earlier check in is available if desired. There will be a light dinner, and an evening yoga class.

Saturday will be a full day with morning and evening yoga, dance class, massage, pedicures, cooking class. We will have breakfast, light lunch, and dinner.
Weather permitting, we will have an adventure hike, and can end the evening with a sauna and try out some DIY natural body care.

Sunday 4/28, will be breakfast, yoga, massage, pedicures, catching up on anything that may have been missed on the very full Saturday. Check out will be early afternoon, or arrangements can be made for a later checkout.

All of this for 499.00 per person, based on double occupancy, so bring a friend, or make a new one here! We require a 50% deposit, and a ten-day prior to event cancellation notice. Space is limited, so call for your spot now!

We look forward to hosting this event in a very special place, and hope you will join us!!