

Yoga on the Vineyard with Amy Leydon and Johanna Hynes

An inspirational weekend of yoga, meditation, and delicious food in beautiful Martha's Vineyard!

Thursday, June 18 – Sunday, June 21

Your day will begin with a centering meditation practice guided by Josh Summers. Then we will engage in a lively Vinyasa class to energize you for the day ahead. A leisurely breakfast follows and then you can enjoy all the Vineyard has to offer! Bike rides to the beach, shopping in Edgartown, acupuncture with Josh, or just lounge around at the Vineyard Arts Project. We reconvene in the afternoon for a more gentle practice to ease you into the evening hours. Dinner is a locavore's dream with fresh produce from area farms prepared by local chef, Danielle Mastrangelo. You are welcome to bring your own wine. This weekend will delight your senses, refresh your body, and give you a renewed appreciation for all the simple gifts in life.

Accommodations:

Located in the heart of Edgartown, the Vineyard Arts Project has a giant main house and a separate yoga studio. The rooms are all spacious and clean with their own private baths.

\$800 - Single Suite - 1 Queen Bed/sitting room

\$700 - Shared Suite - 1 Queen Bed or 2 twin beds/sitting room

\$500 - Shared Room - Anywhere from 2-4 people

Price Includes:

Accommodations at Vineyard Arts Project, welcome reception Thursday night with light snacks, 3 breakfasts and 2 dinners – all made from locally grown food, 5 yoga classes, 3 morning meditations, use of all facilities – Kitchen, gym, sunny yard, giant yoga studio. Each price is per person.

For Islanders - \$120/day

Includes meditation, breakfast, 2 yoga classes, use of the facilities

To sign up, please email
Yogaonthevineyard@gmail.com

For more information visit
www.yogaonthevineyard.com