

# Eve St John Weekend Retreat

January 27-29 2012

Unwind, relax, and rejuvenate your mind in the Gorgeous Buttermilk Falls Inn and Spa retreat on the banks of the Hudson River. A seductively whimsical sanctuary in which you can recharge in one of the most charming historic bedrooms, relish a spa treatment, unwind, melt stress from your body and mind with Eve St. John's signature classes. Classes will consist of gentle couples stretching, nature walks, meditation, Tai chi, Dalga pool yoga and my signature Power Cardio Yoga. Meet with our group with a hot cup of coffee each morning by the amazing Buttermilk Falls to awaken your senses and spirit before starting your incredible day. This amazing weekend is filled with relaxation, fun, massages, deliciously prepared foods from hot made to order breakfast, spa lunches to gourmet dinners.

## All Included in the \$697 per person ESJ Retreat Weekend

- Welcome Drink
- All Tips and Taxes
- Shared room on Friday
- Dinner Friday
- Eve's Gentle Stretch
- Awaken your senses at the Falls
- Breakfast Saturday
- Eve's Tai Chi
- Eve's Rejuvenation
- Saturday Spa Lunch
- One hour Swedish massage or two x 30 minute session
- Eve's Dalga Yoga in the SPA pool
- Happy Hour on Saturday night
- Shared room on Saturday
- Dinner on Saturday
- Breakfast Sunday
- Eve's Power Cardio Yoga
- Eve's Active Couples Stretch
- Eve's Powerful Serenity Walk
- Full use of gym and Spa facilities



Call Buttermilk Falls, Milton, NY on 845.795.1310 ask to speak to CJ or Allie and that you are reserving the Eve St. John Rejuvenation Retreat to get our special deal.