

## HEART & SOUL YOGA

# *Fall into Tranquility Retreat*

**Location:** Inn at Haven Harbour  
Rock Hall, MD

"The Pearl of the Chesapeake"

**Travel time:** ~2 hours from Cherry Hill, NJ

**Dates:** November 5-7, 2021

**Check-in:** 3pm Friday, November 5

**Retreat Kickoff:** 6pm, Friday November 5

**Check-out:** 1pm Sunday, November 7

**End of Retreat:** 2:30pm Sunday, November 7



# HEART & SOUL YOGA

## Fall into Tranquility Retreat

### Retreat Includes:

- 4 yoga classes
- Meditation & breathwork
- Inversion workshop
- Continental breakfast (provided by the Inn)
- Snacks, dinner, dessert, and alcohol (all prepared by Danielle & Melissa)
- 2 hour sunset cruise on the Chesapeake Bay

### Local Activities for Free Time:

- Biking
- Kayaking
- Fire pits
- Read/sit on the dock
- Eastern Neck National Wildlife Refuge (see hundreds of Tundra swans in the fall!)
- Waterman's Museum
- Chestertown (15 minute drive)



***Retreat costs \$350 per person split into two payments—\$175 due by 9/24/21 and \$175 due by 10/22/21. Housing is a separate cost. Retreat cancellation policy requires a notification by October 22 for a full refund.***

***Please bring your own yoga mats and props for practice. Please provide your own transportation (carpooling is encouraged.) If you have any dietary restrictions or food allergies, please contact [info@heartsoulyoganj.com](mailto:info@heartsoulyoganj.com) no later than 10/22/21.***

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## Fall into Tranquility Retreat

### ROOM OPTIONS:



#### King with Shared Porch

Room(s): Wheelhouse

Cost: \$300

(\$135 + 11% tax [sales & hotel])



#### King with Private Balcony

Room(s): Quarterdeck, Forecastle, Afterdeck, Transom, Helm

Cost: \$338

(\$160 + 11% tax [sales & hotel])



#### Queen with Shared Porch

Room(s): Wardroom, Foredeck

Cost: \$300

(\$135 + 11% tax [sales & hotel])



#### Double

Room(s): Gangway

*\*not accessible by elevator\**

Cost: \$245

(\$110 + 11% tax [sales & hotel])



#### Double/Twin Combo

Room(s): Gunwale

*\*not accessible by elevator\**

Cost: \$278

(\$125 + 11% tax [sales & hotel])

***For more information on each room, please visit <https://www.havenharbour.com/manor-house>.***

***All rooms are located in the Manor House. Prices reflect 2-night stay. Pay 1-night's cost upfront to secure the room. To reserve the room, please contact Jenny Nelson at 410-778-6697. Room cancellation policy requires a notification 72 hours prior to the retreat.***

***If you have a group of 3 or more and would like to room together, please contact us directly at [info@heartsoulyoganj.com](mailto:info@heartsoulyoganj.com) for other housing options.***