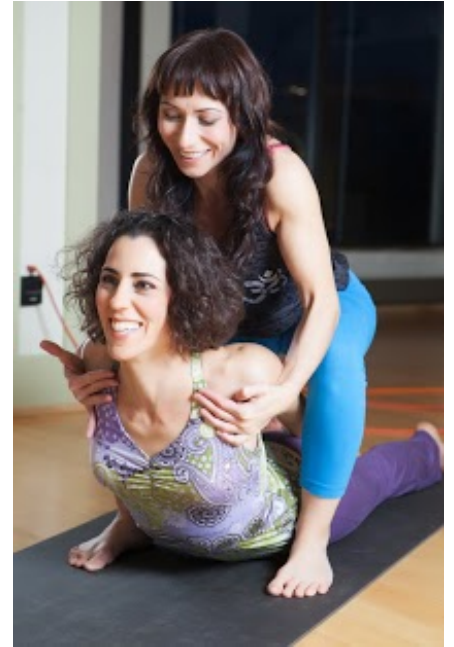




**RETREAT & RECONNECT
FALL RETREAT
WITH ANDREA
FOTOPOLOUS
& JULIA NOVINA
NOVEMBER 10-12, 2017**



RETREAT IN AUTUMN BEAUTY FOR A WEEKEND OF BOTH CHALLENGING AND RESTORATIVE YOGA, HEALTHY DELICIOUS FOOD AND WARM AND WELCOMING COMMUNITY. JOIN ANDREA FOTOPOULOS & JULIA NOVINA FOR THEIR 7TH RETREAT AT ANGEL'S REST, SITUATED AT THE FOOTHILLS OF THE BERKSHIRES. THE WEEKEND WILL INCLUDE MIXED LEVEL & RESTORATIVE ASANA PRACTICES, MORNING MEDITATION, AND TIME TO ENJOY SOAKING IN HOT TUBS, COZYING UP BY THE FIRE OR WALKING IN THE WOODS.

THE CENTER OFFERS A FEEL OF WARMTH AND COMFORT FOR ALL WHO STAY WITHIN IT'S WALLS. THE ACCOMMODATIONS ARE SHARED, IN 3 DIFFERENT STRUCTURES ON THE PROPERTY, THE MEALS ARE LOCALLY SOURCED (WHEN POSSIBLE), ORGANIC AND VEGETARIAN AND ALWAYS DELICIOUS. COME BACK TO THE FEELING OF "HOME" WITH US.

**ANGEL'S REST RETREAT CENTER
63 NORTH COUNTY ROAD
LEYDEN MA, 01337**

**\$515 (INCLUDES EVERYTHING BUT RETREAT CENTER STAFF GRATUITY)
\$200 DEPOSIT DUE BY SEPT. 25TH; BALANCES DUE BY OCT. 27TH.
CASH OR CHECK ONLY. CHECKS WRITTEN TO ANDREA FOTOPOULOS
CONTACT US: ANGELSRESTRETREAT@GMAIL.COM**

