

Yoga & Wellness Retreat

October 28-30, 2011

Schedule

Friday, October 28

Check-in at Cave B Inn & Spa: 4 pm

Welcome Reception: 6 pm

Candlelight Meditation: 8 pm

This candlelit class involves gentle restorative postures using pillows and props for comfort. The instructor will help you with posture and breathing exercises designed to activate the parasympathetic nervous system. The effect is one of profound relaxation and peace of mind as the concerns and stresses of ordinary levels of consciousness dissolve.

Saturday, October 29

Healthy Start Breakfast: 7- 8:30 am

The morning jumpstarts with a Wellness Retreat Healthy Start Breakfast Buffet featuring fresh gourmet fare and a "Green Action" smoothie station with traditional fruit smoothies as well as fresh veggie-inspired smoothies from ingredients such as green kale, apple, ginger and spirulina

Hatha Yoga Class: 10-11:30 am

The morning Hatha yoga class will focus on "release" - gentle twists and hip openers

Spa Lunch: 12:30 pm

Guided Vineyard Tour: 2 pm

Hatha Yoga Class: 4 pm

The afternoon Hatha yoga class focuses on "restoring" with cooling inversions and forward folds

Remainder of the Evening:

Enjoy time at your leisure. Relax in your guestroom or explore the grounds and gorge, enjoy your pre-reserved treatment in the blissful tranquility of The Spa, or dine at Tendrils Vineyard Restaurant

Sunday, October 30

Hatha Yoga Class: 8 am

The final Hatha yoga class focuses on "recharging" with standing poses, balances and bends

Breakfast in Tendrils Vineyard Restaurant at your leisure

Retreat concludes and check out: 12 noon

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Yoga Instructor Michael Dooley Biography

Michael Dooley is a passionate, certified yoga instructor who skillfully applies modifications for individuals who desire additional challenge, or need changes due to injury or ability, allowing him to work with beginners as well as intermediate and advanced yoga practitioners alongside one another, creating an ideal retreat class environment. Michael strives to make each student feel a sense of achievement, so that they might depart with a greater awareness of their capabilities. All of Michael's classes conclude with guided meditation to increase pure relaxation and tranquility. The result of Michael's true passion for yoga and teaching, coupled with his specific experience teaching regularly at Cave B Inn & Spa, is a yoga experience grounded wonderfully in the specific dynamic & beauty of Cave B.

Michael's Background: Several years ago, after sustaining a back injury from an active life of lifting weights and natural bodybuilding competitions, Michael took his first yoga class. This would prove to be a turning point, ultimately leading to studying yoga under Natalie Rousseau, RYT, and subsequently becoming a certified Hatha and Vinyasa yoga instructor. When Michael is not teaching yoga, he spends time oil painting, teaching art, and enjoying time with his wife, children, and his first grandchild, Jaden.