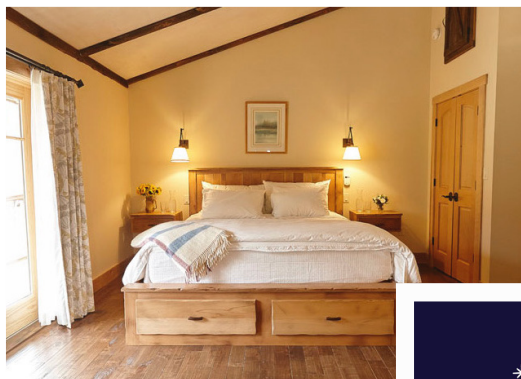


# BLUE LIGHT y o g a

## *Winter Retreat at Seesaw's Lodge*

PERU, VERMONT | JANUARY 24-27, 2022

Let's face it, there's no better time than RIGHT NOW to book a yoga retreat! Start next year with some time and space for you. Put normal life on hold for a few days to practice Blue Light Yoga, CAKE and meditation; eat delicious meals; be with friends; enjoy the outdoors; soak in a hot tub; and nestle up in front of a fire with your book. This retreat is ideal for the active yogi/yogini who enjoys a big luxurious bed to collapse into at the end of the day!



### *Retreat Includes*

- Daily Blue Light Yoga
- Daily CAKE
- Daily meditation & yin yoga
- Lodging at Seesaw's Lodge
- Plant-based meals by Contigo Kitchen: 3 light breakfasts; 3 lunches; 2 dinners; daily snacks, coffee & teas
- Wednesday dinner at Johnny Seesaw's (drinks additional)
- Snowshoeing
- X-country skiing at Wild Wings Touring Center

**Single: \$1795 • Double: \$1425**

Massages available upon request.

About Georgia & [Blue Light Collective](#) | About Jenny & [Contigo Kitchen](#)