

**Summertime in the Berkshires  
Yoga and Wellness Retreat with Marnie Bacon  
\* featuring special musical guests\*  
Race Brook Lodge, Sheffield, MA.  
August 1-4, 2019**

**Yoga\* Hiking\*Meditation\*Live-Music\*Natural Beauty\*Vibrant Cuisine\***  
**rblodge.com**

Summertime in the Berkshires is abundantly beautiful! And our home for this 3 night retreat is nestled right at Mount Race in Sheffield MA. at Race Brook Lodge: a place of real natural beauty. Here you'll wake up slowly to birdsongs, to fresh and fortifying mountain air and to an inspiring yoga and meditation program with Marnie and friends, built in for your convenience and for your delight.

**This weekend will also feature live music yoga and a very special living-room concert and sing along! Creativity abounds in these magical old mountains! Come hear for yourself!**

With vibrant seasonal, farm to table cuisine and access to breath-taking hiking trails practically from your doorstep, Race Brook Lodge welcomes you to a place of peaceful respite and outstanding hospitality and history. Take a swim in the outdoor pool, or a nap in a hammock after your yoga practice or hike. Find yourself more connected to nature, yourself and any new friends you made along the way.

Want to experience more of the Berkshires? Staying at RBL puts you in a prime location right in the middle of some of the best hiking, biking, music, theater, arts and wellness activities in the Berkshires and beyond!

**RESERVE NOW! : \$350 pp deposit (non-refundable)**

**[themarniebaconshow@gmail.com](mailto:themarniebaconshow@gmail.com)**

**Package Includes:**

**3 nights accommodations (various options)**  
**6 meals: all seasonal and locally sourced, when possible**  
**includes: 3 Breakfasts**  
**2 Lunches**  
**1 Dinner at Historic Stagecoach Tavern**  
**9 Specially Themed Yoga and Meditation Sessions, all-levels**  
**Live Music with Special Guests, including a living room concert and sing-along**  
**Guided Hike To Race Brook Falls (with must see views!)**

**Options for Accommodations:**

**1. Lodge:** No two rooms are alike! Dreamy architecture and rustic character and charm,  
with private bathroom.

**Double: \$1020 per person**

**Single: \$1140 per person**

**2. Race Mountain House:** high on the slopes of Mt Race with sweeping east views, this  
is a 4 bedroom villa (one queen bed or two twin beds) with shared bathrooms. Our yoga  
meeting space is here, as is the concert/sing along.

**\$965 per person**

**Roommate matching may be possible, but is not guaranteed.**

**Reserve your spot now!**  
**\$350 Deposit PP (non refundable)**  
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