



**Honor your body, the changes of the seasons
and the land.**

Join us for a half-day yoga retreat.





This half-day retreat is designed for yogis of all levels to explore the practice in a 19th century barn that has been converted in to a yoga studio.

This is what the day (9 am- 1 pm) will look like, with seasonally appropriate changes:

- * welcome circle with coffee/tea and scones**
- * journal writing and/or watercolor painting throughout the morning, with prompts relevant to the season**
- * meditative walk around the farm property**
- * slow flow yoga practice, suitable for all levels**
- * step outside for stretch/mini practice**
- * restorative yoga practice OR aqua yoga in a warm, salt water pool (summer class only)**
- * lunch provided by a local, acclaimed chef**
- * closing circle**



**Your retreat host
Molly Cummings**

Full-on curiosity is an approach I bring to everything I do, including my yoga practice. Now, as a teacher, always as a student, I have learned how breath, movement and the quieting of the mind have informed people worldwide for thousands of years.

I am an E-RYT 200 hr. certified Yoga Alliance instructor. While my initial teacher training was in 2013, subsequent trainings and Continuing Education credits have deepened my knowledge to honor a variety of yoga lineages, to guide people in mindfulness meditation, to be wary of misappropriation of the practice and to authentically take my yoga practice Off the Mat and Into the World. ®

Take a look at my lending library and you'll see what I mean!



In addition to teaching yoga, I am a farmer. My husband, David Rose, and I honor the original native stewards of this land and apply organic and regenerative practices to our small vegetable field. We also provide homes to cows from Farm Sanctuary.

My first career and passion was as a journalist. During my undergraduate and graduate education at Cornell University, I began this path, incorporating my curiosity in my news and sports reporting and anchoring as well as training many budding journalists.

I grew up in King Ferry, New York—a place very similar to where we live now. Who knew that I would come full circle, back to a rural community, bringing my curiosity to our minds, bodies, spirits as well as our land and our relationship to it and each other?



Sign up for your Seasonal Sanctuary Retreat

- * Half day yoga retreats will be held quarterly, with specific dates and registration found on our website: www.truenorthfarmyork.com**
- * The True North Yoga half day retreat is \$55/per person. It includes: all yoga props, a journal, a seasonal lunch made by a local chef, great camaraderie!**
- * Dress appropriately for the weather and in layers. Each retreat will involve going outside. Hopefully the summer retreat will require a swimsuit!**





Just a Kitchen provides the retreat lunches, using as many local fresh ingredients as possible. Corinne Aquilina learned to create delicious meals by the sides of her ancestors in Fowlerville, New York. If you remember the homemade style of Ann Jerris and Station 42, those recipes remain in the family!



Molly and David love sharing what they grow with their community. You can find us at:

**True North Farm and Yoga
2635 York Road West
York, New York 14592**

