Experience a breathtaking Adirondack Yoga Retreat. The sacred space of Inner Quest Yoga studio awaits you along with comfortable lodging in one of two efficiencies. Welcome, be guided in mind-body practices and optional outings in nature that will support your specific heart felt needs. The beauty of the mountains, woods, and waters will hold you in wonderment, spark inspiration and connection with nature. The inner and outer experiences will invite you to commune with all aspects of yourself so you may delight in your senses and feelings of wholeness and freedom.

Inner Quest Yoga & Wellness Center is located in the Village Saranac Lake a short walk from the downtown cafes, shops, and historic sites. Come see why Saranac Lake is one of the Northeast’s pioneering health resorts and why a retreat here in the is good for the soul.

Access the new 34-mile Adirondack Rail-Trail behind the studio or across the street. It’s a portal connecting villages but mostly passing through wild terrain with lake crossings, wetlands, woods and open fields. Bike, x-c ski, or walk it. Classes may be held outside at a campsite on the lake.
Inner Quest Yoga & Wellness Center provides the space for intimate spiritual retreats. We are located in the village of Saranac Lake, one of the northeast’s pioneering health resorts. Mary’s comfortable and welcoming setting awaits you. She looks forward to providing you with classes and services that speak to your specific needs, that help you reflect on what is most essential, and that will nourish you deeply.

**You choose:**
- Your dates. Some holidays, event weeks, and July/Aug excluded.
- One of two or both efficiencies with private bath, linens, towels, toiletries and more.
- Private classes and service from the menu of services.
- Guided trips – paddling or hike from the menu of outings (optional)

**RETREAT PACKAGES**

**ESCAPE**
For 1 – 4 people
2 nights lodging
5 hrs. private sessions
1 - Biomat Treatment per person
Private studio time
*Add a half day guided outing (optional)

**SURRENDER**
For 1 to 4 people
5 nights lodging
2 - 1-1/4 hrs. group classes
6 hrs. private sessions
1 - Biomat Treatment Per Person
Private studio time
*Add a guided trip (optional)

**Your Inner Quest Sessions:**
- 1.5 hr. arrival day – orientation and guided meditation
- 2 hrs. 2nd day – class, meditation, or service
- 1.5 hrs. departure morning - class, meditation, or service
- Private studio time by reservation time

* See the menu of services for private sessions and the optional guided trips and rates.

**Sessions Available**
- Yoga or Qigong Classes
- Meditation and Yoga Nidra
- Energy Healing

*See the Menu of Services*

**Meet your Yoga & Meditation Instructor: Mary Bartel**
Mary Bartel has shared yoga and energy cultivation practices as her profession since 2000. She tailors sessions to meet the specific needs of participants and will guide retreats with a particular focus as is requested. Her style of teaching invites curiosity and self-inquiry resulting in a heightened sense of body-intelligence and instincts. Participants come away with new techniques and perhaps even new perspectives to face daily challenges with greater resilience. **Come set yourself free to be - breath, relax, feel, watch, and allow.**
Village Nook
2nd floor efficiency

- Private entrance
- Queen bed w/linens and blankets
- Leather chair, love seat and end tables, secretary’s desk, A/C in warmer months.
- Access to the yoga studio

Village Hideaway
1st floor efficiency, studio level.

- Kitchen Nook with mini frig, microwave, coffee maker, and toaster. Coffee and tea provided
- Small counter to prepare simple meals.
- Glasses, plates and flatware, etc.
- Ensuite bath with shower
- Towels and toiletries
- Hair dryer

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<th>Lodging</th>
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| **ESCAPE**  
One or Two People Room  
$263/Hideaway  
$311/Nook  
Add $100/room for Friday and Saturday bookings | **Classes / Services**  
One Person $386  
Two People $448 / $224 pp  
Three People $510 / $185 pp  
Four People $572 / $143 pp |

| **SURRENDER**  
5 nights, Sunday - Friday  
One Room  
One or Two People  
$613/Hideaway  
$685/Nook  
Add $100/room for bookings that include Friday and Saturday | **Classes/Services**  
One Person $480  
Two People $750 / $375 pp  
Three People $1050 / $350 pp  
Four People $1350 / $337 pp |

Note: Prices are inclusive of all taxes and fees.
Meals are not included. The Studio is within walking distance to cafes, restaurants, health food store, and market.
Menu of Services

Group Yoga Classes
Check the website for our schedule: www.innerquestyoga.com/schedule.html

Yoga Therapy
Yoga techniques are adapted to the individual to help relieve chronic discomfort and to manage pain. You receive a personalized home practice. Offered one-on-one only.

Private or Semi-Private Yoga Class
Therapeutic, practical, functional, mindful. Adapting to the individual or choose focus.

Private or Semi-Private Qigong Class
Seasonally appropriate meditation in motion and stillness. Harmonize, strengthen and improve the function of all internal organs and bodily systems.

Tantra Meditation and Yoga Nidra
Rest, relax, and welcome the rhythms and flows of life. This style of meditation aims at integrating your life experiences to restore feelings of wholeness.

Reiki Energy Healing
Relaxing and energetically restorative.

Sound Healing Meditation
Drift into meditative states as you bathe in healing sonic vibrations:
- Tibetan and Crystal Singing Bowls, Gongs, Chimes, and more.

Reiki & Sound Healing
Enjoy the combination and let-go.

Amethyst Bio-Mat® Treatment
Provides warmth and relaxation from far infrared light. Reduces stress, relieves pain, relaxes muscles, and increases circulation. (FDA approved device).
- 30 mins. with soothing music or add to other services.

Add the Biomat treatment to a service or class. $25 pp. (2 mats available)
Half Day Guided Trips with a NYS Licensed Guide

* Hiking  * Paddling  * Snowshoeing

**Hike or Snowshoe Adventures**

**Small Mountain Hikes—Great Views**
- Mt. Baker Knob
- Mt. Van Hoevenberg
- Bear Den Mountain
- Jenkins Mountain

**Beautiful Flatish Hikes**
- Wilmington Gorge & Cobble Lookout
- McKenzie Pond & Wilderness Spur
- Slippery Tit, Long & Black Ponds Loop

**Half Day Rates:** 1 or 2 people $170, 3 or 4 people $260

**Paddle Trips:**
- Moose Pond, with an enchanted forest walk to an unknown grave
- Hoel, Turtle & Slang Ponds
- South Creek, Middle Saranac to Weller Pond
- Church Pond, Canals to Osgood Pond & River
- Floodwood & Square Ponds to Fish Creek

Meet your guide: Kari Sharry

Kari is a licensed NYS Guide who has enjoyed bringing people into nature since she was a Wilderness Adventure Camp Counselor as a teenager. She is an Adirondack 46er, an avid adventurer, and a certified Yoga Instructor. She looks forward to sharing time with you and what she loves and has learned about the places she takes you.
PAYMENT AND RESERVATION POLICY:

A 50% nonrefundable deposit is due at the time of booking. You may make your payment through VENMO, calling Mary with your Credit Card information, or by check. The remaining balance is due 14 days before your trip starts.

Proof of vaccination and booster is required.

Registrants will receive a list of suggested things to bring. Should you choose a guided trip, Kari will provide you with what is required and she will have you sign an Acknowledgement of Risk/Waiver of Liability form and medical history form.

CANCELLATION POLICY:

Cancellations made 14 days or more before the start of your retreat is eligible to receive a credit valid for 12 months from the date of issuance for the amount paid to date. Refunds are not available for reservations cancelled within 14 days of the start of the selected trip.

For more information or to book your retreat:

Mary Bartel, Certified Yoga Therapist & Meditation Instructor

Inner Quest Yoga & Wellness Center

238 Broadway
Saranac Lake, NY 12983
518-354-2425
mary@innerquestyoga.com
www-innerquestyoga.com-retreats.html