



Top of Mt. Baker – Saranac Lake

Back to the Healing Woods

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.



Inner Quest Yoga & Wellness Center



Adirondack Rail Trail – Lake Colby
20 min. walk from the studio

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.



Back to the Healing Woods for your Inner Quest Retreat

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)

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

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
- 1.5 hr. Mon/Wed – class, meditation, or service of choice
- 1.25 hr. Tues/Thurs 8:30 am group yoga class
- 1.5 hr. departure morning - class, meditation, or service
- Private studio time by reservation

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

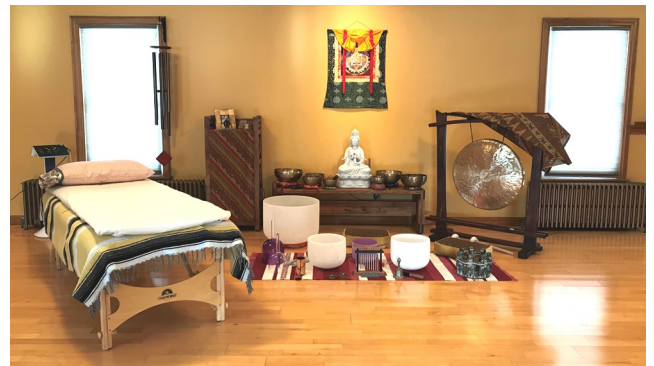
Sessions Available

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



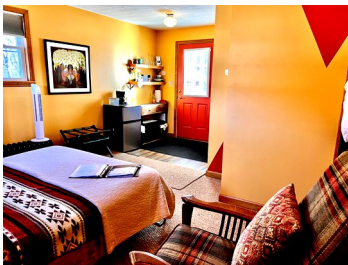
- Private bath with slipper tub
- 2nd bath with shower
- Towels and toiletries
- Hair dryer



- Kitchen Nook with mini frig, microwave, Keurig coffee maker, and toaster. Coffee and tea provided
- Small counter to prepare simple meals.
- Glasses, plates and flatware, etc.

- Private entrance
- Queen bed w/linens and blankets
- Murphy chair, end tables, luggage and clothes racks, fan.
- Access to the yoga studio from indoors.

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



ESCAPE
 2 nights

Lodging

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.



Inner Quest Yoga

& Wellness Center

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



Hoel Pond - St. Regis Canoe Area

- * Hiking
- * Paddling
- * Snowshoeing

Hike or Snowshoe Adventures

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



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

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



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