



**The Luxury of Simplicity...**

## **Yoga Weekend Retreat Package**

**Brickyard Eco-Retreat at Mutianyu Great Wall**

**Saturday-Sunday 8-9 June 2013**



Escape to the fresh air for a weekend of health and peace at Mutianyu and take part in the Brickyard's Weekend Yoga Retreat.

The classes will be for mixed levels for participants with different abilities and experience. Students will be shown how to adjust poses according to their abilities.

This retreat is for adults only and no children under age 16 may be present or participate in any of the activities.

### Instructor & Practice



Kelly Wadlegger is dance director at the Western Academy Beijing and has extensive experience in Hawaii and San Francisco.

She teaches **Vinyasa Flow Yoga**, incorporating a progressive set of poses from standing to sitting to inversions, using a deep focus on breath throughout the practice. Students are guided on cultivating awareness of mind, body, and spirit connection so as to keep the meditative and spiritual elements of yoga in balance with the muscle strengthening and stretching.

Kelly's experiences and training in dance, martial arts and Thai massage influences her style of teaching. The focus is on cultivating mindfulness, energy flow, and breath awareness while developing physical strength and greater range and function of the body. Students will gain more awareness about themselves and are allowed to practice at their own pace if need be. The goal is to leave class feeling stronger, yet flexible in mind and body, calm yet energized, and ultimately feeling more connected to the greater universe.

## Program

### Saturday 8 June

15:00- Check In & Healthy Snacks in the Lodge

17:00-18:00 Yoga with Thai Massage Stretches  
*Second Instructor Will Assist Positioning*

19:00-21:00 Vegetarian Dinner with Live Folk Music  
*Served Outdoors, Menu Forthcoming*

### Sunday 9 June

08:00-09:45 Yoga Class Followed by Optional Meditation  
*Second Instructor Will Assist Positioning*

10:00-11:00 Vegetarian Breakfast with Fresh Juices

14:00 Complimentary Late Check Out

## Package Inclusions

- Private transfers from/to Beijing for two people in one vehicle
- Superior queen Great Wall view room
- Afternoon yoga class with Thai massage stretches
- Vegetarian yoga dinner
- Morning yoga class
- Yoga breakfast

## Pricing

We are offering a special rate for **Rmb 2,588**, for two people (using the same transportation and staying in the same room). If you are travelling on your own the price is **Rmb 1,988** for one person.

Those who provide their own transportation will be provided an Rmb 240 credit to be used at one time during the retreat for food & beverage in any of our outlets.

Depending on availability, participants may upgrade their rooms for an additional charge. Upgrade to a deluxe queen room for Rmb 298, to a premium twin room for Rmb 498, and to our Chairman's Suite for Rmb 2,000.

## About the Brickyard Eco-Retreat



The Brickyard was a working glazed tile factory until The Schoolhouse acquired it and transformed it into a stylish boutique hotel with lush gardens and stunning views of the Great Wall and the Yanshan Mountains. Learn more at [www.brickyardatmutianyu.com](http://www.brickyardatmutianyu.com).

**Book the Yoga Weekend Retreat Package**

Contact us at +86 (10) 6162-6506 or [info@brickyardatmutianyu.com](mailto:info@brickyardatmutianyu.com)