

Race Point Retreat **"...a lighthouse, the true hotel." Henry David Thoreau**

Welcome. If you have interest in yoga and simple living on a stunning, magnificent beach, please consider this extraordinary opportunity.

Local Kripalu yoga teachers Jennifra Norton & Valerie Twomey invite you to share a retreat experience with them at Race Point Lighthouse in Provincetown, Cape Cod, Massachusetts. Reside in the light keeper's house, nestled in the sand dunes. It overlooks the ocean with spectacular views from every window. At days' end, watch the sun set into the ocean from the top of the lighthouse. Begin and end each day with a loving kindness Kripalu yoga class on the beach. Use your retreat time to walk, pray, sing, and sit with an inner stillness. Sometimes a period of quiet observation, allows us to see a little more. The salt air will most certainly work up your digestive fire. Savor and indulge in healthy, nutritious offerings at meal time. Let creative energy spark the nightly campfires, bring along a drum or guitar.

Retreat Dates: September 9 – 12 (3 nights)

Cost per person: \$545

Included:

Oceanfront dormitory style (very simple) overnight accommodations for 3 nights

Food: 8 meals – 3 breakfasts, 2 midday, 3 dinners and snacks

6 yoga classes and 2 midday prana/soft movement classes

Transportation to and from National Seashore, Race Point Lighthouse from Provincetown

Please note: This historical site is not handicapped-accessible. No pets or candles, please. Smoking in the house is not permitted. Our accommodations offer fully-equipped kitchens, outdoor grill and central heating. All beds have pillows & blankets. A Reverse Osmosis water filtration system provides ultra-pure drinking water.

Contact Us: Jennifra Norton, 508-432-5840, Email: franorton@comcast.net

Valerie Twomey, 508-945-7643, Email: spirit@capecodmassage.com

Reservations: Please make full non-refundable payment by cash, check, or on-line Paypal/credit card <http://www.capecodmassage.com/paypal.htm> . With your reservation, please include name of retreatant, mailing address, phone number, email, and food allergies. We will confirm promptly and forward any pertinent information/details.

A look at the daily schedule

Tuesday, September 9, 2008

After Noon arrival to Race Point Lighthouse

Orient, unpack, and settle in

4:30 – 6 p.m. Beach yoga

6:30 p.m. Dinner

Wednesday, September 10, 2008

6:30 a.m. – 8 a.m. Beach yoga

8:30 a.m. Breakfast

11:30 a.m. – 12:30 p.m. Pranayama practice

4:30 – 6 p.m. Beach yoga
6:30 p.m. Dinner
8:30 p.m. Campfire

Thursday, September 11, 2008

6:30 a.m. – 8 a.m. Beach yoga
8:30 a.m. Breakfast
11:30 a.m. – 12:30 p.m. Soft movement practice
4:30 – 6 p.m. Beach yoga
6:30 p.m. Dinner
8:30 p.m. Campfire

Friday, September 12, 2008

6:30 a.m. – 8 a.m. Beach yoga
8:30 a.m. Breakfast
10 a.m. Closing circle
Noon departure

Please note: Our schedule is a suggestion. Feel free to participate or not in the offerings.

Before & After – Around Provincetown

Provincetown has many offerings and activities: dining, whale-watching trips, theatre, lodging and much more. For more information, including transportation and directions, please visit the Provincetown Chamber of Commerce website: www.ptownchamber.com or call/write to The Provincetown Chamber of Commerce, Inc., PO Box 1017, 307 Commercial St, Provincetown, MA 02657 – Telephone: 508-487-3424.