

Live Well

Essex, NY

Renewal Weekend

Outdoor Explorations / Inner Discoveries

November 11th-13th

Close your eyes, take a deep breath and imagine yourself sitting in the cool morning breeze of the Adirondacks and Lake Champlain.

Join us for our complete menu of introspective weekend workshops, beautifully paired with fresh and local meals at the Essex Inn.

Workshops and meals also available a la carte. Please visit our website for pricing information.

Live Well

2310 Main Street | Essex, NY 12936 | 518.963.4300

www.LiveWellEssexNY.com

Living a
Balanced Life

Mindful Walk

Enjoy Yoga: Enjoy Life

Good Posture,
Great Health!

Mindfulness
and Qi Movement

The Quiet Mind

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Renewal Weekend: Registration

Please complete this form and return to Live Well: 2310 Main St., Essex NY 12936 info@livelwellessexny.com

Name: _____ **Street Address:** _____
City: _____ **State:** _____ **Zip Code:** _____
phone: _____ **email address:** _____

RENEWAL WEEKEND WORKSHOPS:

(please check the box next to your selections)

SATURDAY MORNING: The Quiet Mind

Spend a morning with us in search of that place within yourself where an unshakeable calm resides. In this three-hour morning session, through seated meditation, self-inquiry, and practical exercises, we will: investigate the nature of thought, discover the three layers of mind, and find the ever-present silence within yourself.

SATURDAY MORNING: Kripalu Yoga – Enjoy Yoga, Enjoy Life!

Whatever your knowledge, experience or level of fitness, this enjoyable 3-hour workshop will give you a realistic understanding of the foundations of yoga and allow you to start practicing in a supportive environment. Discover the simplicity of Kripalu Yoga, understand the power of the breath, experience how easy relaxation can be.

SATURDAY AFTERNOON: Mindfulness & Qi Movement

Qi Gong & Tai Chi are thousand-year-old movement practices designed to enhance the life giving energy known to the ancient Chinese as “Qi”. Through seated meditation, breath work, body scanning, QI Gong, and Tai Chi this three hour workshop will teach you how to: increase your daily energy, deepen the mind / body connection, advance healing, feel younger every day.

SATURDAY AFTERNOON: Living a Balanced Life

Spend a light-hearted afternoon delving into the different aspects that make up your life. You’ll gain insights into where you are and ideas for where you would like to be: explore the roles that you play and activities that you pursue, discover aspects of balanced living, create a balance wheel for your life, take action toward creating balance in your life.

SUNDAY MORNING: Yoga: Good Posture, Great Health!

Poor posture can lead to mental and physical tension such as stiffness and back pain, tight hips and hamstrings and feelings of tiredness and anxiety. Using simple breathing and yoga postures, you can become aware and explore how you habitually hold your body. Explore the effects of how you stand or sit and your breathing, discover how to move your body to keep your posture tall, learn relaxation techniques to de-stress after standing and sitting.

SUNDAY MORNING: Mindful Walk

This will be a morning spent in peace and tranquility. We will enjoy walking together, inner stillness and, as weather permits, the beauty of the Adirondack & Lake Champlain region, nourishing our senses. Come walk. Breathe. Feel your steps and how your body moves while you walk. Enjoy a walk, enjoy your breath, enjoy silence and peace.

	Before Nov. 1 st :	After Nov. 1 st :
Full Registration (3 workshops and all meals)	\$275	\$325
Two Workshops (includes wine/cheese Fri. night)	\$ 75	\$85
One Workshop (includes wine/cheese Fri. night)	\$ 45	\$55



When considering a place to stay, please remember the Essex Inn is generously offering 15% off accommodation rates to Live Well Renewal Weekend participants *(promo code: “Live Well”).