

VERMONT

ELEMENT YOGA RETREAT

with Stacy and Mitchel

September 11-14, 2025



EMBODY THE ELEMENTS OF NATURE THROUGH
MOVEMENT
MEDITATION
MUSIC
HIKING
CREATIVITY
EXPRESSION

THE RETREAT

Retreat to the idyllic mountains of Vermont for an intimate, nature-inspired yoga and wellness weekend. This 3-night/4-day retreat will be held at the luxurious, boutique Sterling Forest Lodge in Stowe, where elegance meets simplicity. Surrounded by over 30-acres of pristine forests and rolling hills, the Lodge is the perfect peaceful sanctuary to immerse yourself in nature's embrace for a weekend of rejuvenation and renewal. Mid-September is an exquisite and ideal time of year to visit Vermont: the temps are in the mid 60s to low 70s and the trees will be changing colors so we will enjoy the stunning Fall foliage.

During your stay, you'll be invited to reconnect to your embodiment through vinyasa and gentle restorative yoga classes, guided meditation and creative expression practices. You'll be nourished with farm-to-table meals that are locally sourced and designed to promote health and vitality from the inside out. With plenty of time for relaxation, you can share stories around the campfire, nurture yourself in the hydrotherapy circuit, enjoy a massage or Ayurvedic body treatment, cozy up with a good book, or hike the trails to soak in the tranquility of the outdoors. From breathtaking mountain views to charming local villages to explore, Vermont offers endless opportunities to take care of your mind, body and spirit. This special retreat is open to just 12 participants so space is very limited.

In this safe and inviting environment, you will share in a transformative journey to commune with nature and embody the elements through yoga, meditation, breath work, sacred ceremony, ritual, and integration practices. This thoughtfully curated retreat is an opportunity to invest in yourself and experience meaningful spiritual and personal growth.

Come join in on the magic, the wonder and the inspiration with two highly experienced teachers and a community of like-minded people, where you'll align with your own inner alchemy and come home to yourself.



ROOMS



Each room at the Lodge tells a different story. Stories of Vermont. Stories of nature. Stories of time. All with the intent to inspire and make you feel at home. Each room is named after the type of tree used for the wood flooring of that room, which is also found in the surrounding forest. All rooms are supplied with organic, non-toxic mattresses and linens from Avocado Green Mattresses, organic towels and robes from Under the Canopy, and Vermont's own natural bath products by Ursa Major.



ASH

Western views and cooler lime-washed tones give Ash a cozy, protected feel. The attached ensuite bathroom has a full glass shower open to the room, or covered by the sliding barn door - your choice. Large slab slate and douglas fir walls bring the presence of nature into the room while your views compliment the feeling.

- garden view, sunlit shower, ensuite bathroom

Cost: \$2400 per person



MAPLE

Bright tones and sunrise views illuminate Maple, a sunny, textured space. Designed to bring life to all seasons, the room tells the story of the Sun, it's colorful brightness and contrasting colors in different seasons. The attached en suite bathroom has a full glass shower open to the room, or covered by the sliding barn door. sunrise vibes, sunlit shower, ensuite bathroom

Cost: \$2400 per person



WALNUT

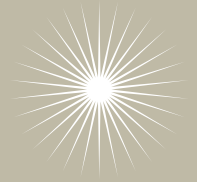
Clad in barn wood from an old barn down the road, Walnut harkens back to the days of sugarhouses and rustic Vermont living. The bunk bed itself is a two story house within the room with two full size beds -- perfect for your inner child. This room is also available as a connected room to Red Oak Room.

- bunk bed, afternoon sun, ensuite bathroom

Cost: \$2400 per person

*Please note that rooms have two twin beds or an option for a king size bed

ROOMS



OAK

Sleep amongst the mountains with this bright and minimalistic room. At night, this mountains illuminate to give this room a warm, cozy feel. Eastern and Southern views means lots of light throughout the day while you stare out at the Mountains in the distance. There's a private full bathroom next door accessed through the hallway.

- sunrise vibes, mountain views, hallway bathroom

Cost: \$2350 per person



LARCH

Larch is an ode to Vermont cabins in the woods. Larch flooring, a wood traditionally found in Europe but also grown in Vermont. Newly milled pine cladding. Two hundred year old hemlock headboard design. The feel of a cabin with the amenities and warmth of contemporary comfort. This room has a private full bathroom next door accessed through the hallway.

- cabin vibes, garden views, hallway bathroom

Cost: \$2350 per person



RED OAK

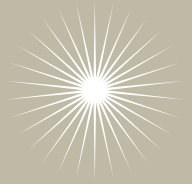
The grand suite. The largest room, Red Oak tells the story of old Vermont with its raw barn beams and hand-crafted bed paired with contemporary feels and amenities. The only in-room clawfoot tub sits in the corner while views of the majestic Green Mountains can be seen from the large picture window. Fireplace.

- clawfoot tub, fireplace, ensuite bathroom

Cost: \$2850 per person

*Please note that rooms have two twin beds or an option for a king size bed

WHAT'S INCLUDED



- Accommodations for 3 nights, shared room
- Daily farm-to-table meals - 3 dinners, 3 breakfasts, 2 lunches and locally sourced and organic snacks, coffee and tea
- All daily classes and programs including yoga, movement and meditation
- Guided naturalist hike with a trained mindful outdoor guide
- Hydrotherapy session - wood-fired sauna, wood-fired hot tub and cedar-barrel cold plunge
- Access to all shared spaces and resources provided to make your retreat experience cozy and comfortable

OPTIONAL ADD-ONS

- Massage
- Abhyanga - Ayurvedic oil therapy

NOT INCLUDED

- Airfare
- Travel insurance (highly recommended)
- Ground transportation to and from the retreat venue. (we are happy to help guests coordinate with each other)

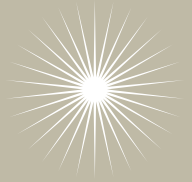


FOOD PHILOSOPHY

All meals provided by Sterling Forest are vegetarian and inspired by Ayurveda. The evolving seasonal, locally sourced menu draws from Vermont's abundant organic farms as well as from their own organic garden. They use high quality oils and/or ghee for cooking, no refined or processed oils, and non-toxic cookware and accessories throughout the kitchen. Meals are served family style at the large communal table.

- Breakfast (buffet style) - 8:00am - 9:00am
- Lunch - 12:30pm
- Dinner - 6:30pm

SCHEDULE



DAY ONE - WELCOME + ARRIVING

Check In
Slow Flow Yoga
Opening Circle
Dinner



DAY TWO - FIRE + EARTH

Breakfast
Guided Meditation
Vinyasa Flow Yoga
Lunch
Naturalist Forest Hike
Explore + Rest + Relax
Gentle Restorative Yoga
Farm-to-Table Dinner
Bonfire Gathering



DAY THREE - WATER + AIR

Breakfast
Guided Meditation
Vinyasa Flow Yoga
Lunch
Hydrotherapy Circuit + Spa
Explore + Rest + Relax
Gentle Restorative Yoga
Farm-to-Table Dinner
Star gazing

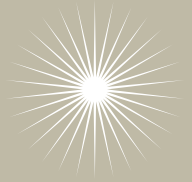


DAY FOUR - ETHER + RETURNING

Slow Flow Yoga
Closing Circle
Breakfast
Farewell + Checkout

*Schedule is subject to change and will be confirmed with times closer to the retreat.

DEPOSIT & PAYMENT



DEPOSIT

A \$500 deposit is required to hold your spot. Deposits are non-refundable.

PAYMENT

Full payment is due 90 days prior to the retreat. Balance must be received in full by June 11, 2025.

PAYMENT METHODS

Venmo - stacy-levy2 or Zelle - stacylevy@gmail.com

CANCELLATION POLICY

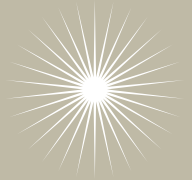
We cannot offer any cancellations or refunds after June 11, 2025. A cancellation prior to June 11th, 2025 can be refunded less the \$500 deposit.

INSURANCE

We strongly urge you to purchase travel insurance to protect your investment. We recommend Allianz as a policy provider. We cannot issue refunds after June 11, 2025.



THE LEADERS



STACY LEVY

Stacy has been practicing yoga for over 20 years, teaching full time since 2011 and has decades of experience working in holistic health, wellness and fitness. She has led over 25 retreats and facilitated hundreds of students to deepen and expand their embodiment practices through an immersion into nature, movement and conscious living. Her classes are well-balanced and soulful, with her teaching style often being described as grounding and down-to-earth. A significant focus of her work is on one-on-one support through Intuitive Coaching and Tarot Readings where she guides women towards emotional, spiritual and energetic alignment. Stacy teaches yoga as a practice of self-discovery and self-acceptance, aiming to empower others to connect with their most authentic, honest and whole Self.

MITCHEL BLEIER

For the past 30 years, Mitchel Bleier has been a leading educator and entrepreneur in yoga, wellness, and spirituality. Mission-driven by his passion to elevate human potential, he has a vast knowledge base of science and the human body, as well as, a profound understanding of the healing arts. He founded Matrika Magazine, Yo-Fi Productions, Yogapata, and The Yoga Teacher's Lab. He has apprenticed under world-renowned yogis, scholars, and healers, and in addition, attended the University of Rochester where he studied South Asian religion and languages. Mitchel specializes in preventative and recovery-based movement, accessible breathing practices, and an innovative and inclusive approach to meditation.

