

Dragon Spirit Arts Presents...  
the "Radiant Warrior Spring Retreat to the Mountains"!



*Leave behind the  
hustle of everyday  
life and join us in  
for a peaceful  
experience at a*



*Private Retreat Center in The Pocono Mountains.*

Shed the mental layers, feel the warmth of sun on your body and let Mother Nature nurture your spirit. The Poconos in mid spring is all about bearing witness to the fertility of the earth and breathing deeply in the growth of the outdoors.

The countryside and the mountains provide the backdrop to



our bountiful and beautiful dwelling for this immersive weekend retreat of Daily Yogic Arts Practices Infused w/ the Internal Art of Qigong & Forest



Bathing ... Release Stagnations, Restore Vitality & Cultivate Energy to Balance the Temple in Mind - Spirit - Body!

When: 3pm on Friday, April 30<sup>th</sup> – 11am on Sunday, May 2<sup>nd</sup>, 2021

"Your greatest strength is love. Your greatest weakness is fear..." - Yogi Bhanan  
"The intention of the Mind...is the path the energy follows..." - Taoist proverb

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## the "Radiant Warrior Spring Retreat to the Mountains"!

**Where:** Deerfield Health Retreat in The Pocono Mountains (East Stroudsburg, PA)!  
Easy access by car from NYC & NJ, Philadelphia, Baltimore & Washington D.C.

**With:** Experienced Registered Yoga Teacher (E-RYT), Owner/Lead Trainer of the Dragon Spirit Arts Registered Yoga School (RYS) & Registered Level II Instructor/Professional Member of the National Qigong Association (NQA) [Gabrielle de Burke](#)

- **Investment:** A \$200 Deposit is Required to Reserve space. Early Yogi Discount Ends 4/2/21 (Discount Rate must be "fee free" payment method (Check/\$ Order, Venmo, PayPal, etc.) Late Registration Ends 4/16/21 (Payable via DSA website)!

<u>Single Occupancy Rooms</u>	<u>Early Registration</u>	<u>Late Registration</u>
Cozy Simplicity (One twin bed, private bath)	\$600	\$675
Superior Comfort (One full bed, private bath)	\$625	\$700
<u>Double Occupancy Rooms</u>		
Sunny Corners (2 twin beds, shared bath in hall)	\$475	\$550
Cozy Simplicity (2 twin beds, private bath)	\$500	\$575

### Retreat Package Includes:

- 4 Outdoor/Indoor 60-90 Min. All Level Practices; 1 evening Tao Yin Meditation Yoga class (Still/Flow) w/ Qigong Infusion, 2 morning Vinyasa Yoga classes (Posture Flows), 1 evening Qigong for Everyone class (Seated/Standing Moving Meditations).
- 1 Late Morn Guided Silent Meditation (Forest Bathing) Walk/Hike to the Waterfalls.
- 1 Outdoor/Indoor Evening of Dance Meditation/Movement as Medicine Event.

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- 5 Healthy & Delicious Meals prepared by our personal Chef (Vege/Vegan/GF Options) Dine on the Patio or in the large indoor dining room area...
- 2 Days/Nights Lovely Accommodations (Each Room has a Private Bathroom) @ Deerfield Health Retreat - a unique one-of-a-kind boutique hotel resting on 12 acres of country charm located in the beautiful Pocono Mountains of northeastern Pennsylvania, surrounded by over 70,000 acres of the Delaware Water Gap National Recreation Area. Hang out on the Porch or Balcony to catch up on a good book(3 Lounges available inside too) or be playful around the Garden & Backyard. Enjoy the nearby Walking/Hiking Trails to soak deeper into the surrounding Nature. Stoke your inner fire with a visit to the Sauna or take a dip in the Pool to cool off to further support a Detoxifying & Rejuvenating Experience. Do what is right for you!

Bodywork Treatments Available

*(Additional Cost/Not Included in Retreat Package)*

- Book a Massage with Highly Experienced CMT Jane Miller in Deep Tissue / Cranial Sacral / Swedish / Lymph Drainage & More (Covid-19 Precautions Include; Deep Cleaning, Temperature Checks, Masks Wearing, etc.).

Covid-19 Considerations

- The Retreat Center is committed to a [5-step enhanced cleaning process](#)—a set of standards developed in partnership with experts, for the times of COVID-19 and beyond.
- Participation is limited to 50% of the venue’s “normal” capacity to create more space to play it safe.

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- Proof of Negative Covid-19 Testing Results (PCR taken within 72 hours of arrival or a rapid test within 48 hours of arrival).
- Upon arrival, Everyone's Temperature will be taken & All Participants will be Required to Sign a Liability Waiver Form. If someone has a temperature, they will kindly be asked to leave the property so the rest of the community is not at risk (Travel Insurance is recommended if this is a concern).
- Participating guests are expected to follow these Safety Protocols; Stay Home if Unwell, Practice Social Distancing & Wear Mask Appropriately + Use Hand Sanitizer & Hand Soaps.
- All Classes are planned for an Outdoor Location & range from 60-90 minutes in length with modifications offered to create access to all levels of experience (a large well-ventilated indoor space will be used as a back-up for bad weather).

### Registration for the Retreat

- A completed reservation form and a non-refundable \$200 deposit confirm your booking. Full payment is due by April 16<sup>th</sup>, 2021 (unless other arrangements have been made).
- Contact [Gabrielle de Burke](#) to Make Payment & Submit Required Form or for any info/questions/concerns regarding Covid-19 Precautions, Retreat Activities, Dietary Concerns, Lodging & etc.

### Cancellation Policy

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- Should you need to cancel your reservation before the final payment due date you will receive a refund for payment made less the \$200 deposit unless a replacement can be found.
- Should you need to cancel after the final payment due date, for whatever reason we will not be able to provide a refund or credit unless a replacement is found.
- If *force majeure* (e.g. pandemic, natural disaster, country travel restrictions, etc.) causes a retreat to be canceled, we will offer a rescheduled date for the retreat. In this case, there is no refund of payments when a retreat cannot be held due to causes beyond our control. If you are unable to join at the rescheduled date, a portion of your payment may be applicable for a transfer to a different retreat in the future. This will be determined at the time and depends on factors such as how far out it is from the retreat date.
- In the unlikely event Dragon Spirit Arts needs to cancel a retreat for non-*force majeure* reasons, a full refund will be given. Dragon Spirit Arts will not be held liable for expenses incurred by the guest for any type of cancellation. No refunds are provided for arriving late or departing the retreat early, for activities or meals in which one does not participate.
- It is our best intention to lessen the concerns around booking a retreat by offering additional flexibility with a retreat cancellation in this era of COVID-19 travel. It is important you are comfortable with your travel plans. Feel free to [contact us](#) if you have any questions.

*This policy is subject to change until a reservation is confirmed.*

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