

FOR IMMEDIATE RELEASE
Attn: Lifestyles and Listings Editors

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**Pompanuck Women's Yoga Retreat –
Celebrating the Feminine Spirit Through Yoga and Nature**

WHAT: **Pompanuck Women's Yoga Retreat** – a weekend-long workshop of yoga, massage, and optional activities such as hiking, sauna, and swimming.

WHO: Certified Kripalu and Rasa Yoga teacher **Erin Maile O'Keefe**

WHEN: **Friday, June 18 – Sunday, June 20, 2004**

WHERE: **Pompanuck Farm Institute**, 494 Chestnut Hill Road, Cambridge, NY 12816

INFO: For further information or reservations, contact Lisa Carrino, 518-677-5552; lisa@pompanuck.org; www.pompanuck.org

(CAMBRIDGE, New York) – The Pompanuck Farm Institute is welcoming women in every stage of life to attend a special yoga retreat on June 18-20 in the serene natural setting of their 80-acre facility. The workshop will include morning, midday, and afternoon yoga sessions, both indoors and out. Other activities for the retreat include chanting circles, Thai Massage, open afternoon time to enjoy the gardens or relax, as well as evening Sauna and Swim time.

Pompanuck Farm Institute Director Lisa Carrino encourages both local and out of town women to share in this retreat. "Accommodations are available, but locals can participate at a special rate that includes all activities without lodging," said Ms. Carrino. "We also understand the challenges women have in balancing family life with time for themselves, so childcare is available during the retreat by advance request."

Instructor Erin Maile O'Keefe is a certified Kripalu and Rasa Yoga teacher. Her explorations have taken her to India to study at the Krishnamacharya Yoga Mandiram with T. K. V. Desikachar, to Chiangmai to learn Thai massage, and to Amherst to study Embodied Anatomy with Bonnie Bainbridge Cohen. She is a labor support doula and studies women's health. Ms. O'Keefe teaches weekly yoga classes and private sessions on Manhattan's Upper West Side.

About Pompanuck Farm Institute:

Pompanuck Farm Institute is a not-for-profit educational center offering workshops, classes, and retreats for adults and children. Pompanuck Farm Institute is on 80 acres nestled in the hills of eastern New York on the Vermont border and surrounded by 3200 acres of state forest. The facilities are thoughtfully designed to incorporate natural construction techniques, solar power supplementation, and organic gardening.

Pompanuck Farm Institute is only one hour from Albany train station and Airport, and 3.5 hours from New York City, Boston, and Montreal. Carpools from New York City may also be available.

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