

Women's Hatha Yoga Retreat with Megas MacDonald, One Mind Yoga

"Without any hesitation I would recommend this yoga retreat experience with Megas. One year later, after attending myself, I have vivid and delightful memories of the alchemy created."

—Peggy Coffman

Megas MacDonald has been a Hatha yoga practitioner for the past 12 years, and an instructor since 2013. Passionate about yoga, self care and food, Megas lives and works on an organic farm in Eugene, OR.

Join Megas for this weekend of women's wellness and rejuvenation at the beautiful Tipi Village Retreat in the Mohawk Valley near Eugene. In its fourth year, this retreat includes two nights and three days, all for and about you! Visit tipivillageretreat.com to view the single or shared accommodations, and call 541-461-2737 for more details.

When you're not on your mat, you'll have opportunities to enjoy more wellness experiences, including one-hour massages, reflexology, 30-minute facials or one-hour tarot readings. Bring swimwear to enjoy the outdoor hot tub or the nearby creek, find a relaxing chair on the patio, or stroll through the beautiful gardens.

A bountiful organic breakfast is provided on Saturday and Sunday after the two-hour morning yoga sessions. Please let us know if you have any dietary restrictions.

"...a wonderful gift to yourself and to share with others in a magical setting. Tipi Village was the perfect place. Scattered around pathways throughout the forest, the tipis have amazingly comfortable beds—a most restful sleep! The food was excellent... and a spa pool nearby was luxurious. Best of all was being outside under a beautiful blue sky while practicing yoga, with a sense of peace and serenity I have never before experienced."

—Mary Jo Simone

Fri, Aug 17

Check in 3:00 pm

Meet and greet before
potluck dinner

Sat, Aug 18

Morning yoga session

Breakfast provided

Free time for treatments
and/or relaxation

Late afternoon restorative
yoga session

Dinner (extra fee)

Sun, Aug 19

Morning yoga session

Breakfast provided

Closing circle

Cost: \$475 and up per
person depending on
accommodation and
treatment choices

Saturday dinner \$28

Limited to 18 participants

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