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FROST VALLEY YMCA

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FROST VALLEY YMCA ANNOUNCES WOMEN'S WELLNESS WEEKEND

Three days of connection, relaxation, and wellness — just for women!

FROST VALLEY YMCA
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CLARYVILLE — Frost Valley YMCA invites women to the beautiful Catskills from **March 27-29, 2015** to RELAX their spirit, mind, and body; CONNECT with old and new friends; and ENJOY a weekend made for them!

Guests can create an itinerary that moves at their own pace: Fitness enthusiasts will love Frost Valley's Zumba, nature hikes, BOKWA dance, body sculpt, and other invigorating classes, while those seeking a peaceful retreat can relax with yoga, tai chi, Qi Gong, and meditation. Creative types can enjoy watercolor painting, pottery making, or group drumming, and all can learn from experts who will discuss stress management, maintaining a youthful appearance with organics, and achieving inner balance.

"We're so excited to host our 12th-annual Women's Wellness Weekend," says Mackenzie Hudnall, Group & Family Retreats Program Coordinator. "We've seen so many women transform their lives — mothers, wives, careerwomen, and even spiritual seekers. After just three days of wellness, they leave relaxed, refreshed, and ready to take on the world!"

This year includes a focus on the practice of Mindfulness, a personal tool for reducing stress and increasing one's emotional and physical well-being. Guests will enjoy programs and workshops about Mindfulness Meditation, Mindful Awareness in Daily Life, and Positive Emotions for Increased Resilience.

Nourishing meals are included, and as always, Frost Valley offers a variety of tasty options to accommodate nutritional needs and restrictions of nearly every sort.

Participants can find more information and register at FrostValley.org or by calling 845-985-2291, ext.450

About Frost Valley YMCA:
Frost Valley YMCA is a 5,000-acre camp in the heart of the forever-wild Catskill Mountains, just a couple hours north of NYC. We are, at heart, a summer camp all year long. But, we serve people through Camp, School Programs, Family & Group Retreats, and East Valley Ranch. Please contact us for story ideas on these or any of our other many programs.

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