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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 Mountains from March 27-29, 2015 to RELAX body, mind, and spirit; CONNECT with old and new friends; and ENJOY a weekend made for them!

This weekend will focus on the practice of Mindfulness, which is currently recognized for its significant contribution to health and wellness. It is a personal tool for reducing stress and increasing one’s overall well-being.

“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!”

Guests will enjoy programs and workshops about Mindfulness Meditation, Mindful Awareness in Daily Life, and Positive Emotions for Increased Resilience. They’ll also get to participate in an array of rejuvenating activities, such as yoga, Zumba, BOKWA, Qi Gong, painting, hiking, and more — all in a safe, supportive environment.

Nourishing meals are included, and as always, Frost Valley offers a variety of delicious 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. 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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