



About Juliana Fair

Juliana Fair began practicing yoga in 1974, discovered the Iyengar method in 1981, and began the certification process in 1986. Today she holds a **Level 3** Certification in Iyengar Yoga.

In the yoga sessions at the retreat, Juliana will explore some of the nuances commonly encountered but not clearly understood in regular or zoom classes. Questions and concerns are encouraged from all, to bring clarity where needed in their own practice.

Location Info

Bon Secours Retreat and Conference Center

1525 Marriottsville Road
Marriottsville, MD 21104

Phone: [\(410\) 442-3120](tel:(410)442-3120)

QR code for Google Map Directions



What is included

- ❖ 9 hours of Yoga
- ❖ Single room accommodation
- ❖ Gourmet meals accommodating dietary restrictions (Dinner on Friday, 3 meals on Saturday & 2 on Sunday)
- ❖ Lounge access with coffee/tea/snacks included
- ❖ Access to tranquil grounds and facilities of the retreat center!

\$620 per person

How to register

1. Email yogaonthemove.juliana@gmail.com to reserve your space.
2. Send your non-refundable deposit of \$300 (payable to Juliana Fair, 3830 9th St N, 106W, Arlington, VA 22203 or Zelle to (+1)703-628-5296 or Venmo to (+1)703-628-5296 by Dec 15, 2024. Full amount due by 1/31/2025.
3. Include your name, address, preferred contact phone number, email address.

CANCELLATION POLICY: • Your deposit is nonrefundable. • The balance is refundable until 1/15/2025 if your space can be filled. • After 1/15/2025 no refunds.



**IYENGAR YOGA
RETREAT
IN BON SECOURS
RETREAT CENTER
WITH JULIANA FAIR**

MAR 7-9, 2025

(ends on Mar 9 12pm)

www.yoga-onthemove.com



Escape for a relaxing weekend to tranquil Bon Secours Retreat & Conference center!

Escape for a weekend of rejuvenation, relaxation, and renewal at the serene Bon Secours Retreat & Conference Center. Set amidst 300 acres of lush woodlands, this Iyengar Yoga retreat offers the perfect blend of nature, comfort, and transformative yoga practice. Beginning Friday afternoon and concluding Sunday afternoon, the retreat invites you to deepen your yoga journey while enjoying the beautiful facilities and nourishing meals offered by Bon Secours.

The center offers a tranquil sanctuary where guests can truly disconnect and recharge. Surrounded by scenic walking trails, the grounds invite participants to enjoy leisurely strolls through nature, enhancing the retreat's restorative experience. A serene meditation garden and a peaceful pond provide additional quiet spaces for self-reflection, meditation, and relaxation, making it an ideal environment for unwinding and finding inner calm.



Unique features like the center's labyrinth and peace garden offer spaces for mindfulness practice and walking meditation. Indoors, the light-filled yoga studio provides an inspiring setting for Iyengar Yoga sessions, focusing on alignment and precision. Between classes, guests can relax in comfortable gathering spaces, designed to foster a warm and welcoming retreat community, where participants can connect, reflect, or enjoy some quiet solitude.



Nourish your body & soul...

Private rooms are well-appointed with comfortable furnishings and private bathrooms, creating a restful retreat after a day of practice and exploration. Delicious meals are provided daily by the center's culinary team, who use fresh, seasonal ingredients to create wholesome dishes that support wellness. This blend of nature, inviting facilities, and mindful amenities makes Bon Secours the ideal backdrop for a restorative yoga retreat.

What to bring

- ❖ Yoga clothes & Casual attire
- ❖ Yoga Mat
- ❖ Yoga Blocks (2 or 3)
- ❖ Yoga Blankets (2 or 3)
- ❖ Yoga strap (1-2 long, if you have)
- ❖ Yoga Chair (if traveling by car)
- ❖ Eye pillow/Eye wrap
- ❖ Anything else you use!