

YOGA ON THE FARM



CARLISLE ACADEMY
at Spring Creek Farm
RETREAT CENTER



COST/DETAILS

\$20 per person

Bring your own yoga mat/props.

Social distancing guidelines will be implemented.

Please provide 24 hours notice for cancellation. Absence is non-refundable.

Carlisle Academy operates out of Spring Creek Farm in Lyman, Maine. The farm is located on 150 acres of lush, rolling fields, secluded woods and trails, offering a peaceful and dynamic natural environment each season of the year.

Nature-Based Yoga Classes

Carlisle Academy is teaming up with Mindy Muse to provide Nature Based Yoga at Spring Creek Farm. The Farm provides plenty of green outdoor space and large open-air indoor options for social distancing. Participants will work on slowing down and cultivating Mind-Body-Breath connection within a safe, supportive environment for the personal exploration of yoga, on any level.

ABOUT MINDY



Mindy began practicing Yoga in 1997 and teaching in 2003, after becoming certified in Interdisciplinary Hatha Yoga. She is registered with the Yoga Alliance as an Experienced Yoga Teacher (E-RYT 500hr) and as a Continuing Education Provider (YA-CEP). Mindy's approach to Hatha Raja Yoga is informed by prop intensive yoga traditions, years of workshops with

anatomy oriented Doug Keller and the belief that our greatest teacher is our own unique and innate wisdom from within! She has a background in clinical social work (MSW) and is also certified as a Yoga Therapist by the International Association of Yoga therapists (C-IAYT). Mindy is also a registered Maine Recreational Guide and loves bringing yoga asana (posture) and mindfulness practice outdoors! She shares yoga with practitioners of all ages and abilities including children and is also certified in Childlight Yoga, Prenatal Yoga and Yin Yoga.

Spots are limited, please email us to reserve your spot. [Online payment](#) and signed waivers ([Mindy Muse Yoga](#) and [Carlisle Academy](#)) are required by the registration deadline for each class. Visit carlisleacademymaine.com/calendar/ for scheduled dates, waiver forms and payment. To sign up, contact us at **207-985-0374** or info@carlisleacademymaine.com

www.carlisleacademymaine.com

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