



Host a Yoga Workshop at Your Inn or Conference Center

Destinations Yoga™ brings professional yoga workshops to venues across New England. A portable yoga retreat, Destinations Yoga™ transforms your inn, resort, or conference center into a yoga vacation destination.

The fastest growing fitness activity in the US, yoga draws 40 million Americans who spend \$3 billion annually. Destinations Yoga™ can help your inn, spa, or resort engage this growing audience. By bringing Destinations Yoga™ to your venue, you'll give guests another reason to visit.



Yoga Workshops Customized for Your Guests

Our yoga workshops can be customized to your guests' needs. From a complete weekend or five-day retreat, to an open program of hour-long or 90-minute sessions, Destinations Yoga™ workshops can be the 'main event' or can complement existing activities. Whether your guests are experienced at yoga, or just beginners, we have sessions for all levels and a flexible, modular schedule.

Why Choose Destinations Yoga™

Professionally trained and certified yoga instructors, Bill and Andrea O'Connor provide a safe, quality experience. The company is fully insured and practiced in teaching students of all levels. Their proven workshops result in satisfied customers and memorable stays. Delighted guests will generate word-of-mouth recommendations and want to return year after year.

Yoga for Your Guests

We develop yoga sessions with your guests in mind. Designed for professional, well-traveled individuals or couples accustomed to superior service and accommodations, Destinations Yoga™ makes yoga accessible to them regardless of their fitness level.

Guests choose from a wide variety of relaxing activities or special interest sessions. All it takes is the desire to relax, feel great, and have fun!



How It Works

You select the programs that best suit your guests. Your guests sign up and enjoy. Destinations Yoga™ programs include:

Yoga for Women 40+ - celebrate this time of life, reduce pain and stress

Earth and Sky Yoga- Mixed Level- be solid as the earth and open as the sky

Together Yoga - fun and relaxing poses with a partner

Yoga for the Rest of Us - for those who've never tried yoga

Yoga Intro for Men - be strong, flexible and feel great

Yoga for Golfers - enhance your swing and focus

Yoga Nidra - Meditation - a relaxing guided meditation that is more refreshing than sleep

Restorative Yoga - relax the body in restful postures as an opportunity to renew and heal

Plus 2 unique sessions that everyone loves:

Après Yoga Wine Tasting - travel the world through the flavor, history, passion of wine

Yoga and Chocolate - two ancient arts combine for one great experience

Sample Destinations Yoga Weekend

Package A - Scheduled Classes:

Friday

5-7 pm *Intro Yoga for Men (or) Restorative Yoga*

Saturday

9-11 am *Intro Yoga for Men (or) Yoga for Women 40+*

1-3 pm *Yoga for the Rest of Us (or) Earth and Sky Yoga*

4-5 pm *Yoga Nidra - Meditation*

5:30-7 pm *Après Yoga Wine Tasting*

Sunday

9-11 am *Intro Yoga for Men - Part 2 (or) Yoga for Women 40 +- Part 2*

11 am-1 pm *Together - Partner Yoga*

3-4 pm *Yoga and Chocolate*

Package B - Open Schedule:

We suggest offering selected sessions throughout the day so that guests can fit their preferred session into their schedule.

8-9:30 am (or) 4-5:30 pm *Intro Yoga for Men*

8-9:30 am (or) 4-5:30 pm *Earth and Sky Yoga- Mixed Level*

11-12:30 pm *Yoga for Women 40+*

11-12:30 pm *Yoga Nidra - Meditation*

7-8 pm *Restorative Yoga (or) Après Yoga Wine Tasting*

We also provide yoga props for a rental fee of \$25: Everything your guest will need for yoga – yoga mat, bolster, strap, blocks and blanket. (Transportation surcharges may apply.)



Destinations Yoga™ Professional Instructors Mean Satisfied Customers



Bill and Andrea O'Connor have decades of experience in the world of 60-hour workweeks, commuting and hectic schedules. In their 40s, they discovered yoga as a welcome haven and the perfect tonic for the mind, body and spirit. Residents of Burlington, Vermont, Bill and Andrea have now developed Destinations Yoga™ as a way to bring the healthful and inspirational benefits of yoga to people around the region.

Andrea began teaching yoga in 2002 after a 20-year career in marketing. She is a certified Anusara-inspired yoga teacher. In addition to teaching classes, she has created and presented many popular workshops.

After teaching yoga for several years Bill became a Registered Yoga Teacher (RYT). In addition to teaching classes, he has created various workshops. Bill is also a Certified Wine Educator with 30 years experience as a workshop presenter.



Comments from class and workshop participants



"Loved everything! A very holistic and connected experience"

"[Yoga for Golfers] I feel calm and relaxed on the course and have lost strokes off my game."

"Personal attention and thoughtfulness toward each person's needs."

"[Together Yoga provided]"a relaxing time with my loved one"

"Good exercise and relaxing at the same time"

"The poses were just right. Everything about the workshop was wonderful"

"What a perfect day, all for myself"

"Loved the mixture of physical yoga and information about yoga"

"[Yoga and Chocolate] was a peak experience"

"I have practiced yoga for many years. This class integrated the physical, mental and spiritual dimensions of yoga in a way that deepened my practice"

"Wonderful teachers, nice pace and level of ease/difficulty. All was unique and enlightening."

For more information on Destination Yoga™

email info@destinationsyoga.com or call Bill at 802-373-3263.