



# Yoga Lola Studios – Yoga, Nature, and Art Retreat in Coastal Maine –

July 10-July 15, 2020

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### Accommodations:

Our accommodations are at the lovely and historic retreat center The Gregory House in Saco, Maine. Kevin and I went for a weekend to check it out and it is GORGEOUS! We'll be beating the heat and chilling OUT by the seaside that surrounds coastal Maine. Maine summers are one of the most comfortable statewide in the United States with average high temperatures of 70°F (21.1°C) in the peak of July. Nights are temperate during the summer season.

Note that we are not directly on the water. A five minute walk takes us to the seaside. It's a lovely place and convenient to everything we want to do.

- Retreat days/times: check-in and orientation on Saturday, July 10 anytime after 4PM. Checkout is July 15 by 11 am.
- Children over the age of 12 years old are welcome to accompany, and share the room with, their parents. Note that a couple of the rooms are quadruples, so 4 people can stay. The cost for each child is the same as the cost for an adult. No children under 12 years old.
- \*Please note : Beer and wine are welcome. Or, hard liquor is fine if you prefer. It's BYOB. 😊

### Included in your stay:

- Daily yoga and meditation, some outdoors at one of the beautiful seaside outdoor spaces and some inside in the beautiful yoga room in the retreat center. Style will vary between Kundalini Yoga and Hatha.
- Bikes & bike gear. You must sign up if you are interested in biking; the rest of us will be hiking. 😊
- Most of your meals and all named excursions, including transportation to and from the event or activity, is covered. There are two dinners you will purchase yourself.



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### Not included in your stay:

- Airfare or transportation to or from the retreat center.
- A few of the meals – check your itinerary.
- Tips & food & beverages outside of the Retreat House.
- The beer at the brew houses.
- Excursions not expressly stated in the itinerary.

### Extras:

- Reiki sessions with Lola (\$70.00/session)

### Travel Info:

- Airfare and transportation to/from the retreat center is not included in the cost. Nor is the cost travel insurance.
- You can fly into two different airports. There is one in Boston and one in Portland Maine. Boston is about 1-1.5 hours away from Saco. Portland Maine is about 30 minutes away.
- All participants are responsible for their travel to and from the airport; we will try to help you arrange a carpool if you wish, provided anyone is driving from the airport and are coming in at the same time as you. We actually recommend Amtrak as your best option
- **GETTING FROM BOSTON TO SACO:** There is an Amtrak that runs between Boston and Saco. If you are interested in traveling the from the Boston airport to the retreat center via Amtrak be sure to check the online schedule. Schedule are found here: <https://amtrakdowneaster.com/schedules>. The Amtrak arrives at 138 Main St & Saco Island on Main Street, Saco, ME 04072, which is roughly .4 miles from our retreat center @ 11 North Street, Saco, ME. You could walk it or catch a taxi – there are no Uber or Lyft in Saco.
  - **Silver Line to and from the Airport:** Silver Line is *FREE* from Logan Airport inbound to South Station (including a free transfer to the Red Line). The Silver Line Route SL1 (Logan Airport - South Station via Waterfront) bus rapid transit service is your best direct option to South Station Rail & Bus Terminal, for connections to Amtrak. It runs from approximately 5:30AM to 12:30AM every day of the week



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- **GETTING FROM PORTLAND TO SACO:** There is an Amtrak that runs between Portland and Saco. As far as I can tell, you'll need to catch a taxi to get to the Amtrak station although if you want to work it you can find public transportation. Route #5 travels to and from the Portland Jetport into downtown Portland with connections to other METRO routes, Amtrak, South Portland Bus and ZOOM (with connections to Biddeford, Saco and Old Orchard Beach). Visit their [website](#) for route maps and schedules, or call [207-774-0351](tel:207-774-0351) for more information about public transportation. Taxi might be easier. The Amtrak stations appears to be about 10 minutes away from the Amtrak station. If you are interested in traveling the from the Portland airport to the retreat center via Amtrak be sure to check the online schedule. Schedule are here: <https://amtrakdowneaster.com/schedules>. The Amtrak arrives at 138 Main St & Saco Island on Main Street, Saco, ME 04072, which is roughly .4 miles from our retreat center @ 11 North Street, Saco, ME. You could walk it or catch a taxi – there are no Uber or Lyfts in Saco.
- Once you are at the retreat center, Yoga Lola will provide transportation to and from our various destinations – all you need to do is relax. Therefore, there is no need rent a car unless you just want to do so and prefer not to take Amtrak to our retreat center. Our days are going to be busy and well-filled and your rental might be of service to you. Plus, parking in the different areas is a bit of a pain – in some places you have to pay to get a permit to park at all! But, if you want to bring your own car it's no problem to park it at the retreat center. There are roughly 6 parking spaces on the premises.

### Things to bring:

- Wine, beer, or booze of your choice. It's BYOB.
- Yoga gear.
- Good walking shoes! None of the hikes are difficult in terms of fitness level, but we will be walking a lot!
- If you plan to bike, bring good biking shoes. If you have a helmet or other biking gear, please bring it with you. It is not provided.
- Layers of clothing. The temperature is beautiful, but can get warm or cool, depending on the time of day/evening.
- Bathing suits for swimming.
- Toiletry items. There are blow dryers, but please bring your own soap and shampoo.
- Sunscreen/hats/sunglasses. We'll be outside a lot.
- Bug spray. Yes, even in paradise there are biting mosquitos and no-see-ums.
- If you have any sand buckets or the like, please bring them for sand castle building!
- An umbrella or rain coat if you have one.
- A big smile and your sense of adventure!

### Meal Schedule:

- Daily at 8:30-9:15 AM:  
Breakfast
- Daily at 1 PM  
Lunch



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- Daily at 6:30 PM  
Dinner

### Events Schedule:

Note that the dates for the activities below are not cast in stone – we might have to work around the weather so we might have to juggle a bit. We’re planning to get it all in though! If we get rained out for a hike or a local tour, Lola & Kevin will provide an in-house activity instead.

- Day 1: Friday, July 10:  
House opens any time after 2PM for check-in  
@ 6PM: Picnic on the beach  
@ 7:30PM: Orientation & happy hour (wine and non-alcoholic beverages provided by Yoga Lola tonight)  
@ 9:00PM: meditation  
@ 9:30-10:30PM: showers, quiet time, lights out
- Day 2: Sunday, July 11:  
@6:45AM: Yoga  
@8:30-9:15AM: Breakfast  
@9:30-11AM: Swim, read, relax, schedule a Reiki with Lola, or shower  
@11-12:30AM: Local sightseeing / check out some local beaches and quaint small towns  
@1-2:15PM: Lunch  
@2:15-3:00PM: Free time, then get ready for Cascade Falls in Saco  
@3:15-5:30PM: Cascade Falls Trail is a 0.5 mile loop trail that features a waterfall and is good for all skill levels.  
@5:30-6:30PM: Chill out time – swim, walk to the beach, read, or just relax  
@6:30-7:30PM: Dinner  
@7:30-9:00PM: Movie Night with popcorn  
@ 9:00PM: meditation  
@ 9:30-10:30pm: showers, quiet time, lights out
- Day 3: Monday, July 12:  
@6:45AM: Yoga  
@8:30-9:15AM: Breakfast  
@9:30-11AM: Swim, read, relax, schedule a Reiki with Lola, or shower  
@11-12:30AM: Local sightseeing / hikes  
@1-2:15PM: Lunch  
@2:30-8PM: Art Day in Kennebunk – we’ll visit the Ogunquit Museum ([www.ogunquitmuseum.org](http://www.ogunquitmuseum.org)) and do a group tour; then we’ll visit [www.Maine-art.com](http://www.Maine-art.com), a lovely art gallery, and finally we’ll visit [Landmarkgallery.net](http://Landmarkgallery.net). The rest of day can be spent shopping and then we’ll have dinner out – you can choose the place, this is not a group sit-down (**dinner is not covered** in the “included” items.)  
@ 9:00PM meditation, if we make it back in time



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@ 9:30-10:30PM: showers, quiet time, lights out

- Day 4: Tuesday, July 13:

@6:45AM: Yoga

@8:30-9:15AM: Breakfast

@9:30-10:30AM: Swim, read, relax, schedule a Reiki with Lola, or shower

@ 10:30-12:30PM: Hikes or Bikes – walk or ride some of the length a scenic 22 mile biking trail

@1-2:15PM: Lunch

@ 2:30-9:00PM: Afternoon/evening out in Portland Maine (**dinner is not covered** in the “included” items).

\*Note that @4-6 PM we’ll do our Harbor Lights & Sights Cruise – Lighthouse tour by boat in Casco Bay (105 minutes)

\*6-8PM: Dinner together at a WONDERFUL WONDERFUL pizza place in Portland right by the water.

\* Maybe walk a bit and then in the van by 8:45PM.

\*No meditation scheduled\*

@ 9:30-10:30pm – showers, quiet time, lights out

- Day 5: Wednesday, July 14:

@6:45AM: Yoga

@8:30-9:15AM: Breakfast

@ 10AM-3PM: Maine Wildlife Park: All kinds of critters here! The park is home to over 30 species of Maine wildlife that cannot be returned to their natural habitats. Some are there because they were injured or orphaned, and others because they are human dependent – raised, sometimes illegally, in captivity. There are also beautiful gardens and hiking trails – we’ll make a day of it and bring our picnic lunch at the park! So excited.

<https://www.maine.gov/ifw/wildlife-park/index.html>

@ 4-8PM: Yoga with Horses (For those who choose this option)

@4-6PM: Building Sandcastles on Saco Beach – pack your beach pails and shovels for this one! It’s going to be a blast. We’ll team up into a couple of teams and have a go at building the best sandcastles EVER!

@6:30-7:30PM: Dinner (we’ll keep your food warm for you if you are doing yoga with horses)

@ 8:30-10:00PM: For those with the energy for it, we’ll visit one or two of the local beer breweries in Saco! (**drinks are not covered** in the “included” items).

\*No meditation scheduled\*

@10-10:30PM showers, quiet time, lights out

Day 6: Thursday, July 15:

@6:45AM: Yoga

@8:30-9:15AM: Breakfast

@9:15-10: Clean up and pack, getting ready to leave.

@10:00-10:30AM: Closing Circle and Farewells!



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### Pricing:

- 1 person/ private room: \$1600
- 2 persons/ double room - \$1299 per person
- 3 persons/room - \$1025 per person
- 4 persons/room – \$875 each
- Large Dorm room – sleeps 7 / women only - \$775 each
- All bathrooms (there are 5) are shared.

Remember, **we cannot offer refunds once you have paid.** Make sure that you purchase travel insurance that covers the entire cost of your trip – your airfare *and* your retreat.

Here is a link to a blog that offers you a number of choices in companies. Choose the one that's right for you.

Remember, add the cost of the airfare and the cost of the retreat together to see what your total compensation would need to be if for some reason you had to cancel. Make sure you know what reasons are covered for reimbursement and which ones are not.

<https://clubthrifty.com/best-travel-insurance-companies/>