



**FORT WILLIAM HENRY**  
HOTEL AND CONFERENCE CENTER

**Get off the Couch - Women's Weekend**

**Classes lead by Tobey (Durga Om) Gifford.**

**Package includes two-night stay at Fort William Henry**

**Package Price:**

- **Price per person \$330**
- **Two Person \$240**

**Class Agenda:**

**Friday:**

Gentle and Restorative Yoga to De-stress and Relax  
Happy Hour Mixer

**Saturday:**

Free Vendor Show - Open to the public  
Meditation Practice/Instruction for all  
2 Yoga classes  
Walking Meditation  
Utilizing Essential Oils and Crystals for  
Optimal Health and Vitality Special  
Sound Journey Event  
Cocktail reception Tobey Gifford speaker-  
"Taking the Plastic off the Couch: Living Life to the Fullest and Achieving your Dreams!"  
Dinner  
Ghost Tour

**Sunday:**

Meditation Practice, Yoga & Breakfast