



PLEASE COME JOINS US  
FOR A WOMAN'S WEEKEND RETREAT  
AT  
**SPRUCE HOLLOW FARM**  
ENDLESS MOUNTAINS, PA.  
IN SUSQUEHANNA COUNTY, NORTH OF THE POCONO'S

**PRE-VALENTINES DAY WEEKEND:**  
**FEBRUARY 10,11&12**  
**ACTIVITIES INCLUDE:**  
**GENTILE YOGA, KNITTING & HANDMADE CARD MAKING**

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**ST. PATRICK'S DAY WEEKEND:**  
**MARCH 16,17&18**  
**ACTIVITIES INCLUDE:**  
**FLOW YOGA, KNITTING & FAMILY RECIPE COOKING  
LESSON**

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**JOHN MUIR'S BIRTHDAY WEEKEND:**  
**APRIL 20,21 & 22**  
**ACTIVITIES INCLUDE:**  
**HATHA YOGA, KNITTING & NATURE TRAIL WALKS**

COME RELAX AND ENJOY THE FIRESIDE, ENRICHING ACTIVITIES, MAKE  
NEW FRIENDS&CREATE MEMORIES TO LAST A LIFETIME.

TO MAKE YOUR RESERVATIONS, PLEASE VISIT OUR WEBSITE AT:  
[WWW.SPRUCEHOLLOW.COM](http://WWW.SPRUCEHOLLOW.COM)

