



This Wellness Retreat weekend is hosted by Nancy McLoughlin and a team of world class presenters at Silver Bay YMCA! Come enjoy a program packed experience while nestled on the shores of Lake George, surrounded by nature on a 700 Acre campus within New York's Adirondack Mountains. This relaxing weekend is a time not only for exposure to the latest in self-care techniques, but also an opportunity to play and to rest. Invest in 'you' by participating in this retreat. No previous fitness experience is required for attendees. Individuals of all ages and abilities are welcome.

## Sunrise Mountain Package:

**\$515.00**

### This package includes:

- Up to 2 instructor led classes on Friday
- Up to 10 instructor led classes on Saturday
- Up to 2 instructor led classes on Sunday

***\*The Sunrise Mountain Package does not include accommodations or day-use access. After you register for this event, please be sure to book with Silver Bay YMCA for your day-use campus access and/or overnight accommodations.***

***\*\*Any questions? Please email [nanmcloug@gmail.com](mailto:nanmcloug@gmail.com) or call/text 914-522-3879***

## Ways to Register:

There are 3 ways to register for this retreat: online through square, through Venmo, or through PayPal.

### **Square:**

<https://checkout.square.site/merchant/ML8TADMJFH2P0/checkout/WMCN55DNL6A2ZFUQ4QKYG352>

**Venmo:** @Nancy-McLoughlin-2

**PayPal:** @SBAretreat

# Silver Bay Access:

<b>Day Pass (3 Days)</b>	<b>Overnight Accommodations</b>
<ul style="list-style-type: none"><li>● \$174 per person</li><li>● All meals included<ul style="list-style-type: none"><li>○ Friday - dinner</li><li>○ Saturday - breakfast, lunch, and dinner</li><li>○ Sunday - breakfast, lunch</li></ul></li><li>● Access to all of Silver Bay's Program areas (kayaks, canoes, library, Labyrinth, fitness centers, hiking trails, and more)</li></ul> <p><b><i>*Day Pass's are required for retreat participants that aren't staying on campus.</i></b></p> <p><b><i>*Silver Bay YMCA Members do not need to purchase a Day Pass, but may purchase meal tickets.</i></b></p> <p><b><i>To purchase call 518-543-8415</i></b></p>	<ul style="list-style-type: none"><li>● Hotel-style accommodations<ul style="list-style-type: none"><li>○ Starting at \$240 per night</li></ul></li><li>● Includes all meals during your stay<ul style="list-style-type: none"><li>○ Friday - dinner</li><li>○ Saturday - breakfast, lunch, dinner</li><li>○ Sunday - breakfast, lunch</li></ul></li><li>● Access to all of Silver Bay's Program areas (kayaks, canoes, library, Labyrinth, fitness centers, hiking trails, and more)</li></ul> <p><b><i>Call 518-543-8415 to book your stay!</i></b></p>

# Meet the Instructors:

## Nancy McLoughlin

*Retreat Co-Host*

**Specialty:** *The Melt Method, soft foam roller techniques to hydrate connective tissue and speed up the efficiency of the brain to body GPS system. Pain free living through self care modalities.*

**Bio:** 500 hour certified Yoga Alliance Yoga Instructor, Aerial Yoga instructor, Lee Albert Certified Practitioner. Expertise in Yoga Nidra, the yoga of deep sleep.



## Tina Bellino

*Retreat Co-Host*

**Specialty:** *Feel younger without drugs or surgery through Yin Yoga and Melt method soft ball myofascial hand, foot and face release techniques.*

**Bio:** 500 hour Yoga Alliance Certified Yoga instructor with expertise in helping first responders, achieve ideal alignment using the Lee Albert Method. Explores the relationship between stress, health and healing.



## Dr. Elizabeth Robinson

*Presenter*

**Expertise:** Mindful meditation and corporate coaching.

**Bio:** Senior executive heading up professional development for over 25 years at EVP Talent, an Omnicom Company. Vinyasa Yoga practitioner.



## Lee Woodruff

*Presenter*

**Specialty:** *Caregiving and coping, when life changes in an instant.*

**Bio:** Journalist, New York Times Best Selling Author, public speaker, contributor for CBS This Morning and spokesperson for AARP shares her journey as husband and ABC news anchor Bob Woodruff was injured by a roadside bomb blast while covering the war in Iraq.



## Brandy Goddard

*Presenter*

**Specialty:** *Helping students realize the most important relationship they have is with themselves.*

**Bio:** Founder of Fearless Training LLC, Personal life and fitness coach, certified through multiple national organizations. Former personal trainer for several Dallas Cowboys pro football players.



## Courtney Bauer

*Presenter*

**Specialty:** *Making the mind body connection into a living breathing reality. Created a series of micro movements designed to lead to posture correction as a guide. Has launched a 12 step posture correction program online and in print.*

**Bio:** Founder of Anya Yoga method. Pilates, bodywork expert, studio owner, Reiki master and massage therapist, author of new best selling book "Mastering the Art of Posture."



## Holly Conetta

### *Faculty*

**Specialty:** Biofield therapy through Healing Touch and Sound Baths

**Bio:** Holly Conetta is a Board Certified Healing Touch Practitioner (CHTP) through Healing Beyond Borders International, and a Sound Healer trained through the International Academy of Sound Healing (IASH). Both of these modalities are Biofield therapies that work with the energies that flow through and around our bodies to allow us to be alive and functioning in this world.

Holly has been offering sound baths out in the community and in private homes for the past 9 years. It is her joy to bring this healing modality into the lives of others to benefit their overall well-being and to foster peace within oneself and within our communities.



## Karen Safire

### *Faculty*

**Specialty:** Yoga, Restorative yoga, The MELT Method

**Bio:** Karen Safire has always been a mover. She began taking classes in ballet, tap and acrobatics at 3 years old because she had a very hard time sitting still! Following a 20 year teaching and performing career in commercial dance, concert modern dance, and as a Radio City Rockette, Karen began the transition to teaching yoga. Today, she teaches yoga and The MELT Method to students ranging from 13-91 years old. Karen's classes and 1:1 sessions are a beautiful sequenced gentle poetry of relaxing flow, designed to meet each and every body and ability individually. The focus is on strengthening the stability mechanisms of the body, conscious breathing and deep relaxing. This magic triad helps us ease stress, feel more freedom in our bodies and expansion in our minds.



# **Betty Lopez Towey**

## **Faculty**

**Specialty:** Trained Spiritual Advisor, Labyrinth Facilitator, and Reiki Master.

**Bio:** It was at Silver Bay on Lake George that Betty was first introduced to the labyrinth, an ancient walking meditation tool found in cultures around the world. This profound experience led to a deepening interest which soon became a passion.

Now trained as a labyrinth facilitator by Lauren Artress in 2001, Betty helped to build the outdoor labyrinth at Silver Bay Conference Center on Lake George, and has painted canvas labyrinths with various communities. She and has carried her own painted canvas labyrinth into New York City Schools, Colleges, Medical Schools, Churches and Synagogues.

After 20 years of teaching and out of the classroom support roles, Betty was inspired to pursue an administrative position through her own experience on the labyrinth, which led to her starting a New York City Public School.

As the principal and founder, an important part of building this new progressive public school was to support adults and children in mind, body and spirit by incorporating the labyrinth in its development. Betty looks forward to offering Qualifying Workshops as she leads educators and members of varied communities into a deeper experience of being with one another through the use of the labyrinth.

Betty is a trained Spiritual Advisor and Reiki Master and is responsible for the Labyrinth programs, which are offered to conferences and retreats, including large and small groups of ministers, educators, business organizations and those seeking respite here at Silver Bay. She will enhance her knowledge base after attending Soul College this summer with an intention to expand the Labyrinth program to include healing mediums that offer opportunities for personal revelation, validation and the necessary clarity that can help us recognize what no longer serves and best ways to moving forward.



# ***Douglas L. Noordsy, M.D.***

***Faculty***

**Specialty:** Lifestyle Medicine

**Bio:** Clinical Professor of Psychiatry and Behavioral Sciences at Stanford University School of Medicine, is also the Director of the Lifestyle & Sports Psychiatry initiative, Medical Director of the Lifestyle Psychiatry clinic, and Associate Director of the Stanford Lifestyle Medicine program.

He co-founded the Stanford Sports Psychiatry clinic which serves NCAA, Olympic and professional athletes in the Bay Area.

Doug grew up spending summers at Silver Bay from an early age and attributes his passion for physical activity and nature to his joy in the experiences of life at Lake George and Silver Bay. He raised his own family at Silver Bay and his extended family are fixtures at the Bay. Doug has been practicing lifestyle medicine throughout his career, focusing on physical exercise for brain health and recovery from psychiatric disorders.

His most recent book, *Lifestyle Psychiatry*, was published by American Psychiatric Association Publishing in 2019.

His Wellness Retreat discussion will include a presentation detailing the neuroscience of physical exercise including exercise's impact on synapses between neurons, neurotransmitter levels and brain volume. He will explain the evolutionary basis of upregulation of brain function in response to physical activity. He will also review the evidence demonstrating the effects of lifestyle behaviors on mental health and wellbeing.

