

Press Release

For More Information Contact:

Karen Billings

518.563.8714

info@pointaurochelodge.com



For Immediate Release

Point au Roche Lodge to Host Winter Wellness Retreat
Registration Open for 2018 Health and Wellness Retreat, January 12-13

Plattsburgh, NY – 11/29/2017 – Start 2018 off right with a weekend centered on health, wellness and cultivating intentional living at the beautiful Point au Roche Lodge. This tranquil lodge setting gives you the uplifting environment you will need to fully embrace the wellness workshops, yoga classes and meditation that are so important to the purpose of the retreat. With Melissa Light, a certified integrative nutrition coach and yoga instructor, at the head, you will come out of either retreat with a new outlook on living in the present moment.

Included in your package:

- 2 nights of lodging at the Point au Roche Lodge – private room and bath
- Healthy Meals (2 breakfasts, 1 lunch and 1 dinner)
- 2 Wellness Workshops
- 3 Yoga Classes (All Levels)
- Welcoming Meditation and Journaling Class
- **Price per Person:** \$450.00 (taxes included)
- **Creating a Better You:** Priceless

This retreat is limited to 9 people, so that you can get the best, most relaxing and fulfilling experience possible. If you would like to learn more about the January Health and Wellness Retreat or go right to booking your experience, visit pointaurochelodge.com/retreats.

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About Point au Roche Lodge

Enjoy the warmth and elegance of this romantic lodge nestled between Lake Champlain and the beautiful Point au Roche State Park. With 8 individually decorated rooms, each having their own style and view of either the Green Mountains of Vermont or the peaceful meadow next door, Point au Roche Lodge allows you to embrace the feeling of being in the country with the convenience of a City being close by. Book your stay to relax, to explore the 800 acres of State Park next door, to enjoy a romantic getaway with your significant other or to join in on one of the wellness retreats - no matter how you experience the lodge, you will leave with an amazing memory and thoughts of when you'll return!