





**SEPTEMBER - OCTOBER 2013
HEALTH AND WELLNESS CALENDAR OF EVENTS**



Skytop Lodge is proud to offer two months dedicated to nourishing the mind, body, and spirit. Enjoy the crisp cool mountain air & scenic country scape while pushing your edge via hiking, biking, or streamside yoga classes. If you prefer to enrich your mind, participate in our educational courses developed to help you look & feel your best. Let Skytop be your inspiration.

MONDAYS



PRESENTER	TIMES	DETAILS
<p align="center">Nan Muska, Skytop Naturalist</p> 	<p align="center">7AM-Noon</p>	<p align="center">INTERACTIVE SERIES "REIKI STRESS REDUCTION"</p> <p>Reiki (pronounced RAY-key) is a Japanese stress reduction technique that some say actually promotes healing. Reiki combines a holistic approach that embraces the body, emotions, mind and spirit. Many claim that the practice induces feelings of peace, security, and well-being.</p> <p>Available for private appointments only; email cfederici@skytop.com to schedule a session.</p>
<p align="center"> Skytop Activities Team</p>	<p align="center">3-4 PM</p>	<p align="center">PHYSICAL FITNESS SERIES WATER SCULPT</p> <p>aerobics; rejuvenate in our indoor & outdoor pool while toning your body in this group class, guided by Skytop instructors</p>
<p align="center">POCONO AVIAN RESEARCH CENTER (PARC) Naturalist, Darryl Speicher</p>	<p align="center">9-10 PM</p>	<p align="center">LECTURE SERIES "NATURE DEFICIT DISORDER"</p> <p>Due to many environmental factors we now spend much less time outdoors. This lack of contact with our natural surroundings is linked to many of today's chronic health issues, attention deficit disorder in children, anxiety and stress in adults and obesity for Americans of all ages. This phenomenon has been described by Richard Louv as Nature Deficit Disorder. Recent studies have shown that random contact with nature helps boost our immune systems, relieve stress and increase our sense of self and well-being. Learn how reconnect our families with nature and live happier, healthier lives.</p>



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TUESDAYS**



PRESENTER	TIMES	DETAILS
 <p align="center">Skytop Activities Team</p>	<p align="center">10 AM</p>	<p align="center">PHYSICAL FITNESS SERIES "FLOW YOGA STREAMSIDE"</p> <p>Streamside Flow Yoga, Sun & Moon Salutation Listen to the sounds of rippling water, chirping birds, and absorb the nature that surrounds you at Skytop.</p>
 <p align="center">Skytop Naturalists, Rick Koval</p>	<p align="center">2-3:30 PM</p>	<p align="center">NATURE & LECTURE INTERACTIVE SERIES "BREW TEAS FROM NATURE"</p> <p>Hike through the wilderness and pick your own teas, learn about the various tea leaves, and brew them!</p>

WEDNESDAYS



PRESENTER	TIMES	DETAILS
<p align="center">Nan Muska, Skytop Naturalist</p> 	<p align="center">7AM-Noon</p>	<p align="center">INTERACTIVE SERIES "REIKI STRESS REDUCTION"</p> <p>Reiki (pronounced RAY-key) is a Japanese stress reduction technique that some say actually promotes healing. Reiki combines a holistic approach that embraces the body, emotions, mind and spirit. Many claim that the practice induces feelings of peace, security, and well-being. Available for private appointments only; email cfederici@skytop.com to schedule a session.</p>
 <p align="center">Skytop Naturalists, Rick Koval</p>	<p align="center">Noon-1pm</p>	<p align="center">NATURE & LECTURE INTERACTIVE SERIES "PICK YOUR OWN SALAD"</p> <p>(September only) from the Skytop grounds, and learn about the plants in our backyard. Then, create your salad for lunch!</p>



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THURSDAYS**

PRESENTER	TIMES	DETAILS
 <p>Zach Ketterhagen, Instructor</p>	<p align="center">2-3 PM</p>	<p align="center">LECTURE SERIES "THE ART OF BREATHING"</p> <p>Relaxation and Meditation with Zach Ketterhagen, Himalayan Institute, YogaInternational.com - Why are millions of Americans turning toward yoga, relaxation and meditation? Because you feel so good after. It's not the teacher or the hot room, its the time-tested techniques to distress and enjoy life. Come for a short lecture and practice on breathing, relaxation, and meditation and walk away with a game plan to manage your stress.</p>
 <p>Bob Larsen, Certified Personal Trainer</p>	<p align="center">7-8 PM</p>	<p align="center">PHYSICAL FITNESS SERIES "BOOT CAMP, OUTDOORS"</p> <p>Exciting, and challenging one hour class that incorporates timed interval training and the use of the grounds at Skytop Lodge. Exercises may include: running & walking, pushups, sit-ups, pulling and pushing exercises, jumping and or stepping exercises. Exercises can be modified for every fitness level.</p>

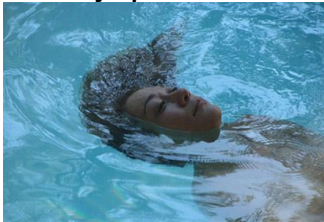



FRIDAYS

PRESENTER	TIMES	DETAILS
 <p>Skytop Naturalists, Rick Koval</p>	<p align="center">Noon-1pm</p>	<p align="center">NATURE & LECTURE INTERACTIVE SERIES PICK YOUR OWN SALAD (September only) from the Skytop grounds, and learn about the plants in our backyard. Then, create your salad for lunch!</p>
 <p>Skytop Naturalists</p>	<p align="center">2-5pm</p>	<p align="center">INTERACTIVE SERIES "PLANT YOUR OWN SKYTOP TREE"</p> <p>Use seeds from the Skytop Naturalists, name and plant your own tree to begin a family tradition for centuries to come.</p>







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SATURDAYS

PRESENTER	TIMES	DETAILS
<p align="center">Nan Muska, Skytop Naturalist</p> 	<p align="center">7AM-8AM</p>	<p align="center">INTERACTIVE SERIES "WATSU" Healing water massage By Private Appointment only; email cfederici@skytop.com for details.</p>
 <p align="center">Bob Larsen, Certified Personal Trainer</p>	<p align="center">9AM-10AM</p>	<p align="center">PHYSICAL FITNESS SERIES "BOOT CAMP, OUTDOORS" Exciting, and challenging one hour class that incorporates timed interval training and the use of the grounds at Skytop Lodge. Exercises may include: running & walking, pushups, sit-ups, pulling and pushing exercises, jumping and or stepping exercises. Exercises can be modified for every fitness level.</p>
<p align="center">Skytop Lodge</p>  <p align="center">Skytop Naturalists, Rick Koval</p>	<p align="center">2-3:30 PM</p>	<p align="center">NATURE & LECTURE INTERACTIVE SERIES "HOW TO BREW YOUR OWN TEAS FROM NATURE" Hike through the wilderness and pick your own teas, learn about the various tea leaves, then learn how to brew them!</p>
 <p align="center">GUEST STAR Kathy Wakile PORTION CONTROL</p>	<p align="center">3-5PM on Saturday, September 14, 2013</p>	<p align="center">LECTURE SERIES KATHY WAKILE "PORTION CONTROL AND DESSERT DEMO" Kathy Wakile, joins Skytop Lodge for a personal Appearance & portion control demonstration featuring her exclusive desert line Dolce della Dia; autographs and photographs also available. Note, this is a one-time event on Saturday, September 14 only from 3-5pm.</p>



**SEPTEMBER - OCTOBER 2013
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SUNDAYS**

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<p align="center">Nan Muska, Skytop Naturalist</p> 	<p align="center">7AM-Noon</p>	<p align="center">INTERACTIVE SERIES "REIKI STRESS REDUCTION"</p> <p>Reiki (pronounced RAY-key) is a Japanese stress reduction technique that some say actually promotes healing. Reiki combines a holistic approach that embraces the body, emotions, mind and spirit. Many claim that the practice induces feelings of peace, security, and well-being. Available for private appointments only; email cfederici@skytop.com to schedule a session.</p>
<p align="center">Nan Muska, Skytop Naturalist</p> 	<p align="center">7AM-8AM</p>	<p align="center">INTERACTIVE SERIES "WATSU"</p> <p>Healing water massage By Private Appointment only; email cfederici@skytop.com for details.</p>
<p align="center">Skytop Lodge</p>  <p align="center">Skytop Naturalists, Rick Koval</p>	<p align="center">Noon-1pm</p>	<p align="center">NATURE & LECTURE INTERACTIVE SERIES "PICK YOUR OWN SALAD"</p> <p>(September only) from the Skytop grounds, and learn about the plants in our backyard. Then, create your salad for lunch!</p>
 <p align="center">GUEST STAR MELISSA GORGA BOOK SIGNING</p>	<p align="center">3-5PM on Sunday, October 27, 2013</p>	<p align="center">INTERACTIVE SERIES "BOOK SIGNING"</p> <p>See Melissa Gorga at Skytop Lodge on Sunday, October 27th, 3pm - 5pm. Melissa Gorga is an American reality television personality and aspiring singer. She is known for being a member of The Real Housewives of New Jersey. She joined the show with her husband's cousin Kathy Wakile in its third season. Note, this is a one-time Event on Sunday, October 27 only from 3-5pm.</p>