



# ALEXIS *yoga* MARTIN

*She's definitely in the top 10 of most inspiring people I've ever met. The way she combines all aspects of yoga, her brilliant yoga technique, sense of humor, and incredible personality is just awesome.*

-Daniel Gobits aka @makeyourmagichappen

## Autumn Yoga Retreat at the Ameer Farm in Beautiful Vermont September 10-14, 2014

Come let down your guard and spend a week exploring the autumn foliage of Vermont. 40 scenic acres of colorful quaintness complete with 2 ponds, a waterfall, hiking and biking trails, farm animals, and an inspiring yoga space await your arrival.

Each of the 15 rooms are garnished with wide-planked pine flooring, hand-hewn wooden furniture, Tempurpedic mattresses, and stone-lined showers with rainfall shower heads. Uniquely accented with creations from local artists Barry Pinsky & M. Julian Isaacson throughout the farmhouse.



### What's included:

- 5 days/4 nights stay at The Ameer Farm in charming Pittsville, VT along historic Highway 100
- All Gourmet Meals prepared fresh daily by a local chef at the farm, except for one dinner adventure in town
- Daily Yoga with Alexis Martin including morning invigorating flows, partner yoga, yin, and workshops to deepen your practice.
- All applicable taxes

### Optional Adventures:

- Tour of Maple syrup farm
- Horseback Riding
- Hot Air Balloon Ride
- Mountain Biking Tour
- Hiking Tour
- Tour of Ben & Jerrys Ice Cream Factory
- Kayaking Golfing Zip-lining Tour



Alexis Martin is a natural teacher with a passion to warm hearts, open minds, and diminish fear. Be prepared to sweat, grow, breathe, and fly because every moment is a chance to be infinite. Also known as the "flo-rida", Alexis's asana sequences are full of challenge, playfulness, and creativity. You will be right side up AND right side down in every class she leads. She has a very hands-on approach, and gives personalized information and adjustments to each student so that they may build a foundation based in impeccability of alignment. In addition to the invigorating flow, her messages lead to a place of self-inquiry, acceptance, and healing. It is nothing less than a dynamic

combination. Experiencing more than just a typical asana class, students leave the yoga room feeling vulnerably empowered and craving the next chance to get on their mat or meditation cushion. Storytelling and sharing life experience set a platform from which Alexis opens her heart & you truly meet the warm transparent spirit that lies within. She also loves to intertwine messages from the yoga sutras, 8 limb path, and insight from her own teachers, in order to support living a meaningful and satisfying life. She attributes her encouraging style of teaching to that of her mentors such as Seane Corn, Brock & Krista Cahill, Krishna Das, Dice Iida-Klein & Briohny Smyth, Anodea Judith, Marianne Williamson, Phillip Askew and Bryan Kest.

For more information or to sign up visit: [www.alexismartinyoga.com/retreatameefarm.php](http://www.alexismartinyoga.com/retreatameefarm.php)  
or write Alexis at [alexismartinyoga@gmail.com](mailto:alexismartinyoga@gmail.com)