

# MOUNTAIN DAY MAGIC 2018

---

*A SMITH COLLEGE ALUMNAE  
WELLNESS RETREAT EXPERIENCE*

*OCTOBER 5-8, 2018  
ROWE, MA*



# MEET YOU AT THE MOUNTAIN

---

CONNECTING OVER A SMITH  
TRADITION IN THE HECTIC  
POST-COLLEGE LIFE

Mountain Day Magic is the brainchild of Kate Peppard and Glendy Yeung, born of the connection they made during their Smith Class of 1997 20th Reunion. Kate was offering morning yoga classes, and Glendy approached her offering to provide sound healing music during the sessions. Our classmates floated away from the sessions with refreshed bodies and minds, and an idea was born: wellness weekends for Smithies - an opportunity for self care and authentic connections (old and new) with other women who make up the fabric of the Smith alumnae community.

The favored Smith tradition of Mountain Day provided the inspiration for the first Smith alumnae healing retreat with its spirit of rejuvenation and rest provided by time away from the everyday and access to nature.



## MOUNTAIN DAY MAGIC



## INNER + OUTER EXPLORATION

This concept is even more relevant now in our busy post-Smith lives and the Mountain Day Magic retreat was designed to be a time for rest and self-care away from all that consumes the minutes and moments of your life; it is a chance to revisit what you value and who you are at your core.

Our intention is to provide an environment where you can give yourself permission to step outside of your hectic modern life into a peaceful and healthy space.

You will re/connect with fellow Smithies for stimulating conversations, creative idea exchange, sharing hard-earned life wisdom, healing from nature and grounding in your bodies. In this space we will all receive back some of the nurturing feminine energy that we have so generously been giving away; energy we can harness to develop more intention in our relationships, decisions, and daily lives moving forward.



## About The Inaugural Mountain Day Magic Retreat

An intrepid group of Smithies from New York City made their way north to the Berkshires to dive into nature and self-care. None knew each other to start, but all shared the bond of being alumni, and also the goal of seeking rest and relaxation.

We started our weekend with a sound bath, and folks nestled in with bolsters, pillows, and blankets for deep relaxation and nourishment. Each day participants had the option to do morning yoga to start the day, and from there had a number of energy work sessions to explore: crystals, flower essences, healing meditations and a fire puja ceremony where we released what did not serve us. We had more yoga in the afternoon, meditative walks in the woods, saunas, and even a refreshing dip in the crystal clear lake.

Participation in all activities was optional, though encouraged, so folks could chart a self-care path for themselves. By the last day of the retreat, everybody looked brighter and felt lighter than when we met a few days earlier; we all took home a renewed sense of lightness in mind, body spirit, ready to take on the challenges in our lives.



## About the Location

The Rowe Center, just an hour north of Smith, served as the backdrop of the Mountain Day Magic retreat. The fall foliage was coming into its peak and we were immersed in that earthy fall rainbow of red, orange, yellow and green. Hiking trails, fire pits, a lake, a sauna, and waterfalls were all steps away from our home base - a romantic stone chapel with rippled stained glass morning light.

Energy work and yoga classes were held in the chapel and our practice space was equipped with a full range of yoga props, crystals and sound healing instruments that allowed us to go deep into being present with ourselves. We also had a cozy living room area for casual conversation, journaling, sketching, napping, snacking, and tea (of course). instruments that allowed us to go deep into being present with ourselves. We also had a cozy living room area for casual conversation, journaling, sketching, napping, snacking, and tea (of course).

**"THE MOUNTAIN DAY MAGIC  
RETREAT WAS DEEPLY  
RESTORATIVE, AND KATE  
AND GLENDY DO A GREAT  
JOB IN CREATING A SAFE  
AND COZY ENVIRONMENT.  
IT'S IMPORTANT, AND  
NECESSARY, TO HAVE TIME  
TO STEP AWAY AND CHECK  
IN WITH YOURSELF, AND I'M  
GRATEFUL TO THE  
FACILITATORS FOR GIVING  
US THE SPACE TO DO IT."**

**- EMILY, CLASS OF '09**





"I had a really great experience at the retreat in October. I really liked the diverse offerings -- being newly exposed to sound healing, flower essences, and crystal healing, in addition to the daily yoga and then having time to wander around the beautiful grounds of the Camp. In addition to being physically restorative, the retreat inspired wonder, contemplation, and camaraderie"

- Marie, class of '97



## About Kate & Glendy

Prior to meeting at reunion, both Kate and Glendy had followed corporate pathways in their working life, and both emerged from that determined to live a life less stressed and more centered, following a path that centered on wellness as a key component of their personal self-care routine. Their interest in self-care evolved into professional work, and Kate now teaches yoga in the hills of the Berkshires about an hour from Northampton, and Glendy is a multi-modalities vibrational wellness healer in New York City.



# W E T I M E

---

YOGA | SOUND HEALING |  
TEA TIME | SAUNA | CRYSTAL  
HEALING | FLOWER ESSENCE  
HEALING | HIKING | DIP IN THE  
LAKE | MUSHROOM HUNTING |  
MEDITATION | ENERGY  
HEALING







Meet us at the mountain in 2019

**MOUNTAIN DAY MAGIC**  
**OCTOBER 11 - 13, 2019**

FOR MORE INFO  
[HTTP://WWW.HIGHLANDYOGA.STUDIO/SUMMER-SOLSTICE-SOJOURN.HTML](http://www.highlandyoga.studio/summer-solstice-sojourn.html)

CONTACT KATE OR GLENDY  
KATE@HIGHLANDYOGA.STUDIO | GLENDY@GLENDYYEUNG.COM  
617.668.4891 | 917.669.2884