



# Activities Guide

Weekends 2021

MINNEWASKA LODGE

All activities require advance sign up with the front desk.

Meet up location in lobby.

Limited to 6 people per activity

Complimentary

Time	Activity	Description
8:00am 8:45am	Outdoor Yoga (All Levels)	Slow flow vinyasa, breath, meditation. Individual yoga platforms, mats and props provided.
9:00am 9:30am	Orientation for Hiking at the Parks	Discussion about hikes and recommendations for local activities.
1:00pm 2:00pm	Easy Forest Hike	A guided tour on the Lodge trails. Learn about the local ecology and history.
4:00pm 5:00pm	Easy or Challenging Hike	A guided tour on the Lodge trails. Optional rock scramble for a fun challenge.
6:00pm 6:45pm	Outdoor Evening Yoga (All Levels)	Slow flow vinyasa, breath, meditation. Individual yoga platforms. Mats and props provided.
8:30pm 9:15pm	Fireside Stories	Grab a drink or tea. Enjoy the outdoor fire pits. Learn about local history and local legends.



# Erik Phillips-Nania

Director of  
Programming and  
Activities

Erik is responsible for programming of activities at the lodge. A former attorney for United Nations UNHCR, Erik is now focused on the ancient practices of yoga to solve the global environmental crisis. Erik is working to accelerate the transformational global change, especially with food, meditation, and our inner and outer environments.

# Customized

Activities and Small Group Retreats

Contact us for customized small group activities and retreats.

- Yoga and meditation
- Climbing experience
- Ayurvedic consulting
- Hiking and adventure
- Reflection and connection

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