

“FOCUS ON YOU”

GIRLFRIENDS’ GETAWAY

at the Manor House Inn



The Manor House Inn is excited to offer an inspiring and invigorating Girlfriends’ Getaway October 26-28. This exclusive event includes:

- Welcome reception with wine and cheese on Thursday evening
- Full breakfast on Friday and Saturday mornings
- 2 yoga classes (All levels, led by Elisa Rivero)
- Lunch discussion on Friday with [Terry Walters](#), **best-selling author and wellness consultant**. Selected recipes from her latest cookbook “Eat Clean, Live Well” will be served and participants will receive a signed copy of the book.
- Guided group hike to [Haystack Mountain](#) to view the New England’s gorgeous fall foliage

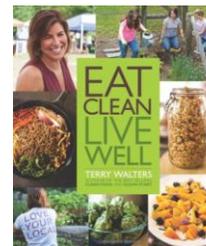
Explore the charming Litchfield County villages and shops during your free time and enjoy the Manor House Inn’s hospitality. You’ll leave feeling refreshed and ready to take on the end of the year as a healthier, happier you!

Room	3 Day /2 Night Package
Spofford (King Suite)	\$345 per person
Victorian (King Suite)	\$345 per person
English Garden (King Suite)	\$325 per person
Morgan (Queen Suite)	\$315 per person
Lincoln (Queen Suite)	\$300 per person
Le Chambre (Queen Room)	\$280 per person

Rates above based on double occupancy. Rates do not include CT sales and occupancy tax.

About [Terry Walters](#)

Terry is at the forefront of the clean eating lifestyle movement and is dedicated to sharing her knowledge and passion about eating clean and living well. She is the author of two best-selling cookbooks, CLEAN FOOD and CLEAN START. Terry is a James Beard Foundation Award finalist and recipient of the Nautilus Gold and Silver Book Awards. Featured regularly on television, radio, print and online media, Terry has been the featured speaker at health focused conferences and organizations across the country including the Kripalu Center for Yoga and Health, James Beard House and Biltmore Arizona. Terry is an avid runner, cyclist, skier and gardener and is committed to inspiring people to make choices that give beauty and meaning to each day and allow them to live with intention, purpose and good health.



About Elisa Rivero

Elisa has been an active yoga practitioner since 2001 and received her 200-hour certification in 2011 from Raji Thron, founder of Yoga Synthesis in Ramsey, NJ. Her style is a mix of flowing Vinyasa and aligned Iyengar integrated with proper breathing. Elisa says, “Practicing yoga is essential to my day-to-day life, it goes beyond a physical practice, it’s a way for me to re-charge, revitalize my spirit and calm my mind. I feel rejuvenated and energized after every class and I couldn’t live without it.” Elisa believes yoga can be practiced by everyone who learns how to breathe and respects their own physical body. It is a lifelong practice and the journey is well worth it!



Call the Manor House Inn at (860) 542-5690 to reserve your room.

[Manor House Inn](#) • 69 Maple Avenue • Norfolk, CT • innkeeper@manorhouse-norfolk.com