



My 40th Birthday Wish

To take over an island with 30 of my friends, and a few friendly sea turtles, on an unspoiled beach, miles away from civilization. And do yoga.

A far cry from Gilligan's Island, with a plentitude of luxury, The Lodge on Little St. Simons Island is named one of the 38 best beach stays in the world by National Geographic. July weather will be between 75 and 95 degrees. Swimming in the pool, ponds, creeks and river bisecting the island, as well as the surrounding Atlantic Ocean.

Bike, canoe, kayak, fish or just explore. Island naturalists will accompany us, if desired, on guided trips like a night turtle walk; this is the season when hundreds of loggerhead and diamondback turtle eggs begin to hatch!

Low impact luxury (one of only two hotels in the U.S that are Green Globe 21 certified); it's just us and the egrets. Thirty-two guests solely share 10,000 acres of wildlife sanctuary with turtles, alligators, deer, armadillos, storks, owls and more.

Retreat fees cover everything from water to wine; bikes to guided hikes. You get 3 meals, beverages, and a pre dinner cocktail party, complete with beach-front oyster boils. Meals emphasize organic foods, many grown on the island itself; the kitchen is famous for its Southern "low country" cuisine, but will gladly accommodate all needs.

Morning and afternoon yoga; on the beach when weather allows. Bonfires, rockers, screened porches, Spanish moss... no television or radio...a real opportunity to slow down. A haven for families with children; all are welcome.

From the Jacksonville, Florida airport, it's an easy 1-hour trip to the marina. Shuttle service can be arranged. From the marina a ferry (included in cost) will take you to the island; or fly into Savannah, Georgia. Free parking within a gated parking area provided next to the marina for those who drive (I-95 down to Rt. 17).

Space is limited. A non-refundable \$200 per person deposit will reserve your space. Additionally, a 50% accommodations deposit is due at time of registration, and is fully refundable before May 1, 2012.

Please email me at vinyasa@aol.com or call 860.836.2424 with questions, to discuss accommodation (*bringing the kids?*) or meal needs or to make a reservation.

I hope you can make it!

Peace,

Peg

Listed as one of the "10 Great Escapes" by Robb Report, as well as being Conde Nasts's #1 winner for service and accommodations in the U.S., and one of Travel & Leisure's 50 Most romantic places to stay. <http://www.littlestsimonsisland.com/accolades.html>

