

# Sewall House

Island Falls, Maine

[www.sewallhouse.com](http://www.sewallhouse.com)

I spent nine weeks at Sewall House with the fabulous Kundalini teacher Donna Davidge. We started with Ashtanga Yoga from 8:30 to 10 a.m. That's a wonderful

way to kick-start the day. Then we did Kundalini Yoga from 4:30 to 6 p.m. That was a brand-new experience for me. There are no Kundalini teachers where I live, but now I have Donna's voice in my head when I read and practice with books.

The warm, nurturing ambience at Sewall House is very special and is felt by every guest. The beautiful historic family home is the perfect setting to be introduced to a simple yogic lifestyle. There was delicious vegetarian organic food. We went on bike rides, swam at the local swimming hole, took boat trips on Mattawamkeag Lake, and hiked in Baxter State Park; and it was all in the shadow of Mount Katahdin. I went alone, with my family's blessing. My four children met me at the plane when I returned home. As the days passed, they all commented on how well I looked and how peaceful and calm I was after my time at Sewall House.

Marilyn Rattray, 53

Lab technician

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