



Sewall House Yoga Retreat

Island Falls, Maine

888-235-2395

www.sewallhouse.com



In the pristine north woods near majestic Mt. Katahdin and two beautiful lakes is the quaint New England town of Island Falls, with 700 residents and Sewall House Yoga Retreat. A seasonal destination, the retreat is open for the main tourist months of June to October, when hiking is fabulous, swimming is comfortably healing and porch-sitting totally appropriate. The retreat usually offers a cozy Christmas getaway as well. Sign up for a 5 or 7 day package or arrange shorter stays per night (online booking available). It has a special warm feeling, as it was purchased by the current owner (yoga instructor Donna Davidge) to keep it in the family. Her great grandfather was Theodore Roosevelt's nature guide, and the home has a distinct embrace and history, each room furnished in original antiques.

Best Treatment: Warm your muscles in the sauna prior to your healing massage and relax in the Jacuzzi afterward. (90 minute massage \$100) Last season's hit: Re-alignment therapy.

Best Product or Service: Take the practice home with you with Donna's DVD *Flexibility and the Spine*, shot on the nearby lake, to remind you of the beautiful scenery you left behind and to give you a good stretch.

Best Dish: Guests always ask for the granola recipe. Other big hits are Coconut Brown Rice with Rosemary Roasted Root Vegetables, Superbly Sesame Spinach and a Fresh Rhubarb Almond Crunch baked to perfection. Co-owner Kent Bohham is the cook.

Best Yoga Class or Experience: Splurge on a lake tour down to Loon Ledge and do your yoga on a beautiful spot surrounded by water. Close runner up to the amazing hikes at South Branch Pond in Baxter State Park with crystal clear mountain spring swimming pools after you canoe across the small pond. — Rita Trieger