

Grace & Glory Yoga  
**GLORY EXCURSIONS**

# Vermont

**micro excursion**

March 3-6, 2022

Join Kayleigh, BB & Ray for a micro excursion to Southern Vermont!



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## TRIP OVERVIEW

Glory Excursions Vermont 2022

Thursday, March 3- Sunday, March 6

Newfane, Vermont

Grace & Glory Yoga is proud to announce the next chapter of our beloved retreat experiences: Glory Excursions. Join Kayleigh, BB, and Ray for a micro excursion to Southern Vermont in Winter 2022. Imagine yourself cozied up by the fireplace in an idyllic, private Vermont home with the Glory Excursion community. This is the perfect winter getaway for the outdoor adventurer as well as the fireside booklover.

Begin your day with yoga and a nourishing meal, followed by a day exploring a local town center. You'll end your day with a community meal and fireside chat.

Or wake early to catch the first chair at one of the several nearby area resorts. After a full day on the trails, you'll head back to the house for a Yin practice before a warm meal with the group.

Included:

- Three nights lodging in a private Vermont home
- Daily Breakfast & Dinner (Beginning Dinner Thursday, March 3- Breakfast Sunday, March 6)
- Coffee & Tea
- Daily Onsite Yoga
- Workshops
- Access to Private Onsite fully equipped Crossfit Gym

What's Not Included:

- Transportation
- Alcoholic Beverages
- Daily Lunch
- Additional Snacks
- Excursions, lessons, or rentals
- Spa Services

# AVAILABLE ROOMS

## APRES SUITE

- Double
- \$1,000 per person

## FREESTYLE

- Quad
- \$645 per person

## NORDIC

- Single or Double
- (Single) \$1,250
- (Double) \$750 Per Person

# APRES SUITE

## Double Occupancy

Our most luxurious room includes a queen-sized bed with a private ensuite bathroom and a full kitchen. Don't worry about packing extra yoga clothes- our Apres suite has its own private washer and dryer for your laundry needs!

Rate Per Person: \$1,000



# FREESTYLE

## Quad Occupancy

Freestyle is the perfect room for friends! This mainlevel room includes one queen sized bed and a bunkbed- perfect for latenight chats. Freestyle has access to a full bathroom and access to shared laundry.

Rate Per Person: \$675



# NORDIC

Single or Double Occupancy

Cozy up in a queensized bed in our lofted Nordic room. Nordic features a private bathroom attached to the room and access to shared laundry.

Rate Per Person:

Single \$1,250 | Double \$750



# THINGS TO DO

The Glory Excursions Team considers Vermont to be like a second home. There are so many incredible quaint towns, hidden gems, and outdoor activities to explore in the area. Some of our suggestions include:

**Hiking** On the property you will find at least two short hiking trails that double over as backcountry snowboard trails for the powder days.

**The village of Newfane** Just a short drive up the hill you'll find Newfane, which includes some of the most photographed buildings in VT, a small country store, a farmer's market, a hardware store, and a few adorable shops. If you love pizza, check out Fat Crow Restaurant!



**Skiing & Snowboarding** The house is conveniently located between several popular area resorts.

Mt. Snow- 30 minutes

Stratton- 35 minutes

Okemo- 1 hour

Killington- 1.5-2 hours

**Historic Vermont Towns** Vermont has some of the most idyllic towns in America. Take advantage of exploring these gems which all include local restaurants and small shops.

Brattleboro- 25 minutes

Chester- 35 minutes

Manchester- 1 hour

Woodstock- 1.5 hours

Stowe- 2 hours

Burlington- 2.5 hours

## VERMONT TEAM



### **BB KOZEK**

Grace & Glory Yoga co-owner BB Kozek was born in South Jersey and raised near the beach. Yoga has been a practice for BB for half of her life and naturally, she expanded upon this passion and became a teacher in 2015. Her second passion is music. As a teen, BB was the lead singer of a rock band with her now-husband, Jeff. Practicing with BB is

always fun, soulful, sweaty, and typically powered by a killer playlist. BB believes that traveling to places for no other reason than to do something good for your own soul is a health secret. Glory Excursions is a life goal realized. To create trips for people to connect with themselves and the world around them by being inspired by her own experiences is BB's mission with every trip. She believes that when you travel outside of your comfort, it expands your awareness of what's out there and enriches your entire life.

Outside of yoga, BB is a proud dog mom to Penny. Her go-to coffee order is a cortado with almond milk.



### **KAYLEIGH FRIEND**

Kayleigh Friend is the Director of Offsite Events & a power yoga instructor for Grace & Glory Yoga. This South Jersey native has lived in the valley of Pennsylvania, Rocky Mountain west, and coastline of New England, before the sandy shore of New Jersey called her home. As a dancer, movement has always been

part of Kayleigh's life. She became a Power Yoga instructor in 2017 and has had the privilege to collaborate with and lead programs all over the United States.

Immersive travel is an essential value to Kayleigh. Everywhere she visits, Kayleigh looks for unique history, food, beverages

and experiences but it's the people that she meets and travels with that truly make the impact for her. She believes that traveling makes the world feel smaller and more connected, in the most wonderful way.

You can typically find Kayleigh with an Americano in hand, her go-to coffee order. No sugar, no milk- just the pure beverage, please. Kayleigh is the proud cat-mom of a very vocal beauty, Darla.



## **RAY NUNZI**

Ray Nunzi is one of the co-owners of Grace & Glory Yoga and is from South Jersey. Ray first found yoga in his early 20's and rediscovered it when his (now wife) longtime friend Allie began teaching yoga locally after moving back home. He practiced often with Allie and when she first started thinking of opening Grace and Glory Yoga he was there from the beginning helping get the studio up and running

(he even made the logo!). Eventually, he and Allie realized they were more than just friends and actually true partners in life and even eventually with running a yoga business. He first began teaching yoga in the room in 2016 via assisting and then finished his first 200 hr teacher training in 2017.

Ray is no stranger to travel and adventure having been all over the world. Traveling from Kenya and Tanzania to climb Mt Kilimanjaro, Alaska to camp next to giant fjords, Italy for a meat modeling and food adventure (true story), and countless winter snowboarding trips to Vermont! He is a lover of nature, adventure, and food! The outdoors and experiencing new things is truly the best way to get connected to others and yourself!

Around town, you can find him teaching yoga, at the local coffee shop with an almond milk cortado, or with his two amazing little girls, Joey and Lucy!

# FAQ

**Q: How far is the Vermont excursion from the GGY Studios?**

A: The house is conveniently located within 6 hours from each of our studios!

GGYNFD: 6 hours

GGYGWY: 5 hours 45 minutes

TLS: 6 hours

**Q: Do I need to practice yoga to come on this trip?**

A: No! While we will be offering yoga each day, all yoga is optional. If you'd prefer to sleep in or yoga is not your thing, we're happy to have you in our Glory Excursions community.

**Q: Do I need to be a Grace & Glory community member to attend?**

A: Anyone 18+ is welcome to attend a Glory Excursion! You do not need to be a practicing member of a Grace & Glory studio.

**Q: Are activities included in the trip mandatory?**

A: No- this is your vacation. All activities offered by the Glory Excursions team are included in your stay but are not mandatory. Come to as little or as many activities as you enjoy throughout the weekend.

**Q: How often will yoga be offered?**

A: Yoga will be offered at least once per day, including on check-in and check-out days! We'll offer a variety of power yoga and yin practices.

**Q: What does a Glory Excursion workshop entail?**

A: Workshops on Glory Excursions vary and participants will be offered an opportunity to provide input on what type of workshops they're hoping for before trip departure. Meditation, vision & goals, self-inquiry, and yoga asana will be included.

**Q: Can I do laundry?**

A: Yes! The Apres Suite includes it's own private laundry in the room. Guests staying in Freestyle and Nordic will have access to shared laundry on site.

**Q: Can I bring alcohol?**

A: Absolutely. You can bring whatever adult beverages you'd like to have with dinner or around the fire at night. Guests staying in the Apres Suite have access to a full private kitchen in their suite.

**Q: Can I prepare my own meals?**

A: Guests staying in the Apres Suite can absolutely utilize the private kitchen in their suite during their stay. Other guests are asked not to use the shared kitchen throughout the weekend.

**Q: Can I use the Crossfit gym on-site whenever I want?**

A: Access to the Crossfit gym is available anytime that the Glory Excursions team is not teaching a yoga class in the space. Get your workout on!

**Q: Will you provide a suggested packing list?**

A: Once you enroll in the trip, we will provide a suggested packing list to make your weekend the most comfortable.

**Q: What is the required deposit to secure my spot?**

A: A \$250 non-transferable, non-refundable deposit is due at booking to secure your space on this trip.

**Q: Does Vermont have any Covid-19 travel restrictions?**

A: At the time of publication, Vermont does not have any Covid-19 travel restrictions. We recommend keeping up to date with Vermont's guidelines at [HealthVermont.gov](https://www.healthvermont.gov). The Glory Excursions team will also monitor any relevant information for our guests.

**Q: What is Glory Excursions Covid-19 policy?**

A: Our goal is to offer all of our travelers an unforgettable and safe travel experience. We ask that all participants present either their Covid-19 vaccination card or that they have a negative Covid-19 test result within 72 hours of arrival to Vermont.