

ADD ON EXPERIENCES

Below we have included experiences and services that you can choose from to customize your stay to be even more memorable and meaningful. The emphasis is on health, wellness, and connecting to nature. Some offerings are hosted by us and others are offered by some of our favorite local entrepreneurs. While advanced reservations are recommended, we are happy to try to accommodate more last-minute arrangements. More information and the facilitator's bios are on our website.

Please note pricing is listed for reference and is subject to change.

YOGA WITH MEGHAN KIRKPATRICK



Our hostess, Meghan, is excited to now be offering private and group yoga classes. While I've been practicing yoga for over 15 years, I just completed my teacher training in the winter of 2023 with Gretchen Mills. My training was rooted in the Hatha tradition but my practice is strongly influenced by vinyasa and ashtanga styles. Join me for in a personalized yoga session to meet you right where you are whether it's your first time or you're a well seasoned practitioner. I enjoy weaving in inspirations from the deeper teachings of yoga and the natural world along with some breathing and meditation practices.

Cost: \$100 for 60 min or \$130 for 90 min.

Contact: Meghan at radiantmeghan@gmail.com or 845-233-8538

GARDEN TOUR



Take a guided garden tour with the Garden Designer and Creator, Meghan, or Garden Manager, Wynde Kate, to learn about the diverse array of vegetables, herbs, and flowers that flourish here. Herbal remedies, edible flowers, pollinator heaven, tasty treats, colorful fruits; what delights does the garden hold today? Ask all your questions and enjoy a cup of a garden grown herbal tea.

Cost: \$15 per half hour (only available during growing season)

Contact: Meghan at radiantmeghan@gmail.com or 845-233-8538

NATURE WALK



Explore the 200 acres grounds and trails on the Bark Eater property with Meghan. As a naturalist, herbalist, gardener, and lover of this land, Meghan loves to tour people around the property sharing insight about the plants and animals that share this incredible property with us.

Cost: \$35 per hour, 1 - 2 hours

Contact: Meghan at radiantmeghan@gmail.com or 845-233-8538



MINDFUL NATURE WALK

Awaken and engage all of your senses on a healing journey of deep connection surrounded by the meadows and forests of the land. This mindfulness experience, offered by Meghan, is an invitation to slow down, clear your mind, and settle into union with this inspiring landscape. We'll let loose, put on the lens of childlike wonder and set our playful spirits free.

Cost: \$50 per hour, 1.5 - 3 hours recommended.

Contact: Meghan at radiantmeghan@gmail.com or 845-233-8538



PERSONALIZED CEREMONY

It is so important for us to honor life's passages. In our culture the pace of our days go so quickly that we often move through it without fully acknowledging the accomplishments, transitions, celebrations and challenges we face. Ceremonies help us to pause, witness, cherish or bring closure to our most precious and monumental steps as we walk forward on this grand journey.

Meghan has a decade of experience creating personalized ceremonies for intention setting, letting go, abundance manifestation, weddings, bachelorette parties, divorces, birth blessings, coming of age, graduations, house warmings, women's circles, retirements, and funerals.

Cost: \$50 and up depending on the details, timing and planning required

Contact: Meghan at radiantmeghan@gmail.com or 845-233-8538



BREATHWORK

Our breath, or Prana, is our connection with the source of all life. Fully utilizing this gift is one of the most simple & effective ways to enhance our physical, emotional, and spiritual well-being. This deep & rhythmic breathwork practice is a style of what is referred to as "conscious connected breathing." The sessions are accompanied by music that will help you focus and feel, as well as affirmations and guided meditation. In private, couples, or group sessions my role is to hold space for you to dive into the healing power of your own breath. Each session is different as the breath meets you right where you are in the moment. For more information visit Meghan's website at www.radiantearthbotanicals.com.

Cost: 1.5 hours \$95 for Individual & Couple's Sessions. Starting at \$35 per person for group sessions

Contact: Meghan at radiantmeghan@gmail.com or 845-233-8538

HATHA YOGA WITH GRETCHEN



Gretchen can tailor this private yoga class to your needs. Your session can be restorative, taking in the sounds of nature; it can be a deep stretch to support your adventuring here in the Adirondacks; or perhaps there is an aspect of yoga that you would like more support with: breathing, sun salutations, inversions, or even the philosophical teachings. These sessions can also be held in guest rooms, in the yurt, or outside on the yoga deck to take in the beautiful and nourishing Bark Eater landscape (weather permitting).

Cost: \$100 for 60 minutes & \$130 for 90 minutes

Contact: gretchenmillsyoga@gmail.com or 518-380-3953

AYURVEDA CONSULTATION WITH GRETCHEN MILLS



This consultation provides a deep look into your personal health, historically and now. Together with your Ayurvedic counselor, Gretchen, you will assess your body and mind and determine your unique constitution. During this consultation you will receive Ayurvedic education and guidance that will best support your specific needs based on your current symptoms or condition. Gretchen will provide you with a personalized plan which includes Ayurvedic dietary guidance, personalized yoga and breathing techniques, as well as recommendations for herbal formulations. This knowledge base is invaluable and will intelligently guide you through the changing seasons and the chapters of life and aging.

Cost: \$125 for 1 to 1.5 hours

Contact: gretchenmillsyoga@gmail.com or 518-380-3953

MASSAGE THERAPY WITH JESS WIMETT



Jess is a LMT and body worker who serves to facilitate a holistic massage, tailored to the individual needs of each client. Jess draws upon her background of Swedish massage, deep tissue, somatic trauma and anxiety release, fire cupping/cupping, pregnancy massage, chakra assessment and Thai massage techniques to create an integrative and revitalizing treatment experience. Jess gives great reverence to each treatment goal and intention, and works collaboratively to get to the root of dis-ease, pain, and trauma.

Cost: Onsite Massage - \$130 for 60 minutes and \$195 for 90 minutes. In Office Sessions in Plattsburgh, NY - : \$80 for 60 minutes and \$45 for 90 minutes.

Contact: (518) 570 2255 or Jessie.wimett@gmail.com

MASSAGE THERAPY WITH ELIN



Elin is a massage therapist specializing in Myofascial Release. Each session is customized to your needs, focusing on using gentle pressure and sustained stretching. Myofascial release stretches the connective tissue to reach deep layers of muscle and nerves and address the root cause of pain. Elin also draws from her background in Swedish, Deep Tissue and Prenatal massage to create a balanced massage session that will leave you feeling relaxed and recharged. (These can be scheduled on site in your room or cabin, if there is enough space, or in the yurt.)

Cost: Mobile massage prices are \$180 for 60 minutes and \$220 for 90 minutes.
Contact: 518-281-2810 or elinjenningslmt@gmail.com

MASSAGE WITH ANGIE



Angie is versed in the following: Swedish, Prenatal, Chinese Cupping, Deep Tissue, Myofascial Release, Hot Stone, Trigger Point, Aromatherapy, Orthopedic Massage and Table Thai Massage and Stretching. Depending on the needs of the client, a session can involve a mixture of the above treatments. Angie has been practicing massage for 6 years and decided to dive in to the career after experiencing chronic pain for most of her life. She has an intuitive nature in working with clients to help them manage this as well. Her style works toward getting her clients into a deeply relaxed state to encourage healing when the parasympathetic is fully engaged.

Cost: Mobile massages on site - \$120 for 60 minutes and \$165 for 90 minutes .
Contact: cookinadks@gmail.com or 518-524-5472

HEALTH COACHING & HOLISTIC NUTRITION WITH ANGIE



Our bodies are amazing and when thrown out of balance we can experience negative outcomes in our health. Most ailments are reversible through whole-food plant based diets and specific supplements tailored to meet your individual needs.

Consultations will focus on habits for consciously eating healthy foods that promote vibrant physical and mental health while supporting a strong immune system and preventing disease. Sessions include a program that includes foods, to eat and avoid, supplements and lifestyle changes to enhance emotional and physical stability. Programs are focused on starting with gut health as it relates to balancing our hormones which leads to weight loss, a sense of well being, energy and vitality. Sessions include: health intake that is filled out prior, a comprehensive health plan including food and supplements that will be emailed to the client and a 20 minute discussion about the plan along with follow-up support emails and texts to help support you on your journey

Cost: \$150 for a 1 hour on-site session or \$95 for remote session
Contact: cookinadks@gmail.com or 518-524-5472

WHOLE FOOD COOKING CLASS



Wynde Kate Reese holds a BS in Holistic Nutrition and has been a practicing Nutrition Counselor and Whole Foods Culinary Chef for over 20 years. She believes that the quality of ingredients, methods of preparation, and mindfulness of the person preparing the food all play a vital role in the nutritional value and physical benefits of every meal we consume. Since food is the foundation for every living being to survive and thrive, whole food preparation and consumption are essential for optimal well-being.

In this one-hour Cooking Class you will:

- *Identify your personal elemental constitution and learn how to maintain equilibrium in the body with food choices.
- * Learn some basic food preparation skills to improve the taste and health benefits of every meal you make.
- * Understand why you are using the selected ingredients and how they relate to your well-being.
- *Prepare a seasonal meal using local organic ingredients.
- *Receive the recipe for the meal you have prepared.
- *Explore ways to adjust the recipe to every season and taste preference.

Cost: \$80 per hour class for 1 person + the cost of ingredients.

Contact: Wynde Kate at barefoot46er@gmail.com or 518-637-9889

WELLNESS CONSULTATION



Wynde Kate Reese holds a BS in Holistic Nutrition and has been a practicing Nutrition Counselor and Whole Foods Culinary Chef for over 20 years. Since the physical body is the expression of our mental, emotional, and spiritual well-being, Wynde Kate helps her clients interpret the messages their bodies are communicating to improve their health. She uses whole food nutrition and supplementation, plant medicine, lifestyle improvements and spiritual practice as the foundation for her practice.

In a one-hour Wellness Consultation you will:

- *Identify your personal elemental constitution and learn how to maintain equilibrium in the body with food choices.
- *Discuss your three main wellness goals and receive a personalized plan on how to achieve them
- *Learn how conflicts and traumas contribute to your symptoms of disease and how to support your body through the healing process
- * Receive recipes that help you achieve your wellness goals

Cost: \$80 per hour includes PDF of suggestions and recipes

Contact: Wynde Kate at barefoot46er@gmail.com or 518-637-9889

****Combination Wellness Consultation and Cooking Class: \$160 + cost of ingredients**

STAR PARTIES



The Adirondacks boast spectacular star-gazing, with dark-sky sites and (mostly) clear weather. A star party is where you get to connect with the night skies through looking and learning about different celestial objects. Instead of gathering around a campfire, gather around a telescope and see what you can see.

During a Star Party, EphemerADK brings a variety of star-gazing gear to your site. We will lead your group in how to identify and spot different stars, planets, and other celestial objects. Star Parties are great year-round, with different objects being visible in different months. Star Parties typically last a few hours, giving ample time for everyone in your party to look and learn, and simply enjoy the outdoor experience. No experience necessary; curiosity required.

EphemerADK is a professional guiding service, owned and operated by Ed Guenther (NYS Guide #8613). Our goal is to help you make the most of your Adirondack experience. In addition to being a registered guide, Ed is a lifelong star lover and enthusiastic amateur astronomer. He began learning about the night skies at the age of four from his father; an activity to pass the time while together in the woods. Ed's love for and knowledge of stargazing has only grown, as he continues to lead groups, hosting private and sidewalk star parties. Ed has been a guest presenter at regional astronomy events, interviewed on podcasts, public radio and local television, and featured in Astrophotography Magazine.

Cost: TBD based on activity, duration, and group size

Contact: Ed Guenther at ephemeradk@outlook.com or (215) 356-4865

GUIDED HIKING WITH JENNY



If you are hoping to start ticking off some of your 46, or just looking for a deeper understanding of your natural surroundings while hiking in the Adirondacks, Jenny would be happy to be your guide. Jenny's childhood was spent exploring the Adirondacks, and along the way she discovered her true passion in life – to spend as much time learning about and immersing herself within the natural environment. Although Jenny enjoys and is accomplished in numerous high adventure outdoor pursuits (rock climbing, ice climbing, backcountry skiing etc.) she is just as content strolling through the woods, book in hand, exploring a variety of ecosystems and identifying plants or animal tracks. Educated in multiple forms of recreation service and first aid, Jenny has spent most of her adult life sharing her outdoor passion with others. Jenny's experience, knowledge and soft enthusiasm make her a popular guiding choice. Jenny currently leads a wide variety of adventures including day and overnight trips up remote 46ers, nature outings, family day hikes, as well as camping trips for inexperienced backpackers.

Cost: TBD based on group size and hiking objective.

Contact: jmugrace@hotmail.com or 518-524-4379