

# Yoga & Yarn

yoga for fiber artists: beginners welcome  
mindful knitting + crafting  
plant dyeing workshops  
time in nature on a working sheep farm  
cozy, embodied connection  
fall in the Shenandoah Valley

**WEEKEND RETREAT  
SEPTEMBER 19-21, 2025**

**@ SIMPLE HILL FARM  
ROCKINGHAM, VA**



[SIMPLEHILLFARM.COM/YOGA-AND-YARN-RETREAT-2025](https://SIMPLEHILLFARM.COM/YOGA-AND-YARN-RETREAT-2025)

*spaces are limited*