



YOGA • MINDFULNESS • CONTINUING EDUCATION

# WORKSHOPS

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## Staufer Retreat

PORTLAND OREGON



# Welcome to Staufer Retreat!

With expansive spaces, awe-inspiring scenery, and exceptional amenities, Staufer Retreat is the ideal setting for yoga and mindfulness workshops.

Reserve the space for your desired duration and settle in among views of the Oregon Coastal Range. Planning a day retreat? We can help you arrange catering and schedule massage therapy treatments with our on-site therapists. Whatever your workshop vision may be, we can't wait to help you bring it to life!





# Event Facilities

## THE GREAT ROOM

Our 900-square-foot Great Room can accommodate up to 40 people when seated and up to 20 yoga mats. AV equipment is available for music. Limited yoga mats and props are available to rent.



## THE CONFERENCE ROOM

The adjoining conference room seats up to 10 and features a black walnut conference table. AV equipment is provided.



## PATIO & MORE

Your group is welcome to take in the scenery on our patio, enjoy our amenities like sauna, indoor resistance pool, and hot tub, or hike our 12 forested acres during your visit.







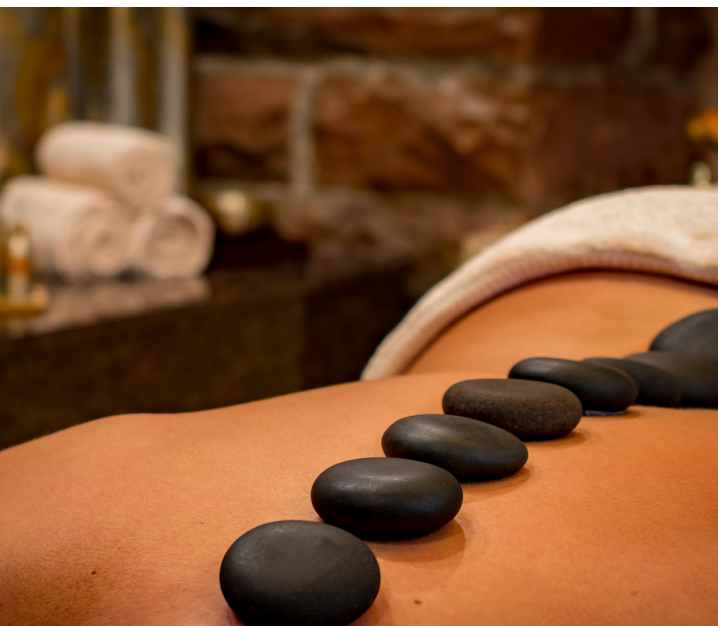
# Wellness Amenities & Massage Therapy

In addition to our wellness amenities, we offer massage therapy on-site. Inquire with your event coordinator to incorporate amenities and massage therapy into your workshop experience.



## AMENITIES

- Swedish sauna (seats 4-6)
- Hot tub (seats 4-6)
- Endless resistance pool
- 30-foot indoor rock climbing wall with auto belay
- 12 forested acres



## MASSAGE THERAPY

- Swedish massage
- Deep tissue massage
- Hot stone massage
- Ashiatsu massage
- Couples massage
- Cupping



# Catering

We partner with the best catering vendors in the Pacific Northwest to create locally-sourced menus tailored to your event. Your event coordinator will make recommendations and help you select the perfect caterer.



# Accommodations

Our retreat center features a guest suite that can be reserved for workshop leaders. Please ask your event coordinator for more information.

Thanks to our convenient location minutes from downtown Portland, we are situated near many hotels including:

- Cedartree Hotel
- Embassy Suites
- Hampton Inn
- Home2 Suites by Hilton Portland

Our team can help you find the most convenient hotel for your group.







## Drive It

Located at the West End of Portland's Forest Park Hills Along McNamee Road, Staufer Retreat is accessed from the east and west via Highway 26 and north and south via Highway 30.

## Fly It

If you're joining us from out of town, Hillsboro Airport is just 20 minutes away, and Portland International Airport is 40 minutes away.