

# SILENT RETREAT

*"In the attitude of silence the soul finds the path in a clearer light,  
and what is elusive and deceptive resolves itself into crystal clearness."*

*Mahatma Gandhi*



Saturday, October 22, 2011

9:00	arrival and greetings	1:30	attention walk in nature
9:30	gentle yoga by the water	3:00	gentle yoga by the water
10:15	silent meditation	4:00	silent meditation
11:15	silent journaling in nature	4:30	letter of care to self
12:00	nutritious vegetarian lunch	5:00	blessings and departure

**What to bring:** Comfortable clothing for yoga and meditation, yoga mat  
walking shoes, journal/writing paper, pen/pencil, water bottle

**Cost:** \$150 Day Retreat, includes vegetarian lunch (9 am - 5 pm)

\$250 Day Retreat & Overnight Stay

Includes vegetarian lunch, vegetarian dinner,

Overnight accommodation in log retreat, healthy breakfast,

Use of outdoor hot tub, outdoor fire-pit, kayaks, grounds

**Register:** Space is limited, so please register early by calling or emailing

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