

Retreat-West Description

- Are you ready for a change?
- Do you need distance and perspective from your everyday life?
- Do you want relaxation, rejuvenation and renewal?
- Is it time to let go of the past and explore a new, healthier and satisfying life direction?

We will re-connect with the wisdom of our hearts and awaken our soul awareness. Use this opportunity to let go of inhibitions and explore the natural connections and create new perspectives. We will embrace the power, strength and flow that are intuitive in each of us. Each activity is designed to deepen your creativity, aliveness and self-expression. You will have time to tap into your authentic and true self, listen to your heart and follow your dreams through yourself, one-on-one coaching and group play. Join us in celebration of our bodies, our connections to each other and the beauty that surrounds us.

Deborah S. Mayer, MA, CRC, owner, Crossroad Solutions Coach, LLC, professional certified life coach is recognized by the International Coach Federation. She coaches one-to-one and leads interactive workshops, conferences and retreats on life, transition and leadership development for both deaf and hearing communities.

Life coaching is a person-centered and action-reflective process; a partnership designed to explore and enhance your ability to focus and make effective changes to achieve desired goals to maximize success and fulfillment in your life. You will become resourceful to move forward with an action plan and fresh personal perspectives.

Beverly Hanyzewski, MA, founder, Deaf Holistic Yoga, is a registered Yoga Alliance teacher. She incorporates holistic perspectives and approaches through yoga and meditation classes, workshops for all ages and has presented in schools, conferences and events in Deaf communities.

Yoga focuses on your health and inner peace through exercises, meditation, food and mental approach to life. You will create your own plan to live healthy in today's complex world.

Awakening Your Inner Heart Retreat-West Real Steps to a Healthy Life

July 25 - July 27, 2010

In this unique retreat to the deaf community, we provide sessions in American Sign Language (ASL). It is a time to replenish and renew our bodies, mind and spirit, listen to our inner voice and gain clarity and insight in our lives through yourself, one-on-one coaching and group play.

The retreat is about learning who you are; a journey of Self-Empowerment. We offer breathing awareness, life balance adventure, yoga, quiet contemplation, meditation art, hiking, campfire and reflective sessions.

Begins: Sunday, July 25, 2010 at dinner.
Ends: Tuesday, July 27, 2010 after lunch.

Retreat Program: \$215 per person
See Registration form.

Lodging is separate-see Registration form.
Includes organic vegetarian meals
and free 24-hr access to hot springs.

Optional: massage service.

Questions? Contact: Deborah Mayer at
deborah@crossroadsolutionscoach.com or
Beverly Hanyzewski at beverlyhanyzewski@gmail.com

Crossroad Solutions Coach
Deaf Holistics Yoga

Breitenbush Hot Springs Retreat:
<http://breitenbush.com>

Registration Deadline is June 21, 2010

A retreat schedule will be forthcoming.

Retreat-West Registration

Name _____

Address _____

City _____ State _____ Zip _____

Email _____

Fax: _____

Retreat: \$215 per person
Includes retreat program.
(Lodging is separate cost.)

Two-night lodging (double or triple occupancy)
Includes bountiful organic vegetarian meals and
free 24-hour access to the hot springs.
Rates are per person per night. Check one:

- ___ Lodge room \$69
- ___ Cabin with plumbing \$107
- ___ Cabin, no plumbing \$90
- ___ Dorm/BB Tent \$66
- ___ Own tent \$54

Optional: ___ Massage \$45 per 30 minutes

For more information and questions, contact:
Deborah Mayer at
deborah@crossroadsolutionscoach.com
or
Beverly Hanyzewski at
beverlyhanyzewski@gmail.com

Make check payable to: Crossroad Solutions Coach, LLC

Mail form and check to: Crossroad Solutions Coach, LLC
12 Wedgewood Lane
St. Louis, MO 63141

You will get a confirmation letter and retreat schedule
by e-mail.

We look forward to seeing you!

Deborah S. Mayer and Beverly Hanyzewski





Come to
the Oregon
Cascades!



Retreat-West Schedule

Sunday, July 25

- 4:00 PM Afternoon Arrival
- 5:00 PM Introductions
- 6:00 PM Dinner
- 7:30 PM Breitenbush Orientation
- 8:00 PM Reflective Session Bonfire

Monday, July 26

- 7:00 AM Morning Walk
- 7:30 AM Gentle Yoga
- 8:00 AM Breakfast
- 9:00 AM Meditation and Reflective Session
- 1:00 PM Lunch
- 2:00 PM Meditation and Reflective Session
- 3:30 PM Individual Reflective Option
- 6:00 PM Dinner
- 8:00 PM Reflective Activity

Tuesday, July 27

- 7:00 AM Morning Walk
- 7:30 AM Gentle Yoga
- 8:00 AM Breakfast
- 9:00 AM Meditation and Reflective Session
- 1:00 PM Lunch
- 2:00 PM Closing Session
- 3:00 PM Depart



Awakening Your Inner Heart Retreat-West

Real Steps to
a Healthy Life

July 25 - July 27, 2010

Awakening Your Inner Heart Retreat-West

Real Steps to
a Healthy Life

July 25 - July 27, 2010

Breitenbush
Hot Springs
Retreat Center
Willamette
National Forest

Cascade
Mountain Range
Detroit, Oregon

Deaf Retreat Facilitators:

Deborah Mayer,
Life Coach

Beverly Hanyzewski,
Yoga Instructor