

Awakening Your Inner Heart Day Retreat



Real Steps for a Healthy Life

Blue Mountain Retreat
1032 Hoffmster Road
Knoxville, Maryland
www.bluemtnretreat.org

Saturday, March 13, 2010

Treat yourself to a beautiful getaway day of holistic approach to healthy living, life coaching and yoga with your Deaf retreat facilitators:

Deborah S. Mayer

Deaf Certified Life Coach

Beverly Hanyzewski

Deaf Certified Yoga Instructor

At this unique retreat we offer a place and session to replenish and renew our bodies, mind and spirit, listen to our inner voice, 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:

- breathing awareness
- life balance adventure
- group discussions
- quiet contemplation
- hiking
- yoga
- one free 30-minute holistic yoga videophone session
- one free 30-minute life coaching videophone session

Retreat Schedule

8:30a Arrive
9:00a Morning Walk
9:30a Morning Yoga
10:15a Break
10:30a Session
12:30p Lunch
1:30p Session
3:30p Break
3:45p Session
4:30p Affirmation
Wrap Up
5:30p Depart

Deborah S. Mayer, MA, CRC, owner, Crossroad Solutions Coach, LLC, deaf 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.

Beverly Hanyzewski, MA, RYT founder, Deaf Holistic Yoga, is a Deaf 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.

COST: \$110 *Includes eco-organic lunch and snacks.*
\$95 if registered by February 21, 2010

Option: \$45 per person Friday stayover onsite.
Includes breakfast.

Friday Night Option: 30-minute massage \$45
Pay directly to massager.

For more information and questions, contact:
beverlyhanyzewski@gmail.com

Websites: Crossroad Solutions Coach
Deaf Holistic Yoga

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Registration Form

Name _____

Address _____

City _____ State _____ Zip _____

E-Mail _____ Fax _____

COST: **\$110** (One day retreat only) *Includes eco-organic lunch and snacks.*

\$95 if registered by February 21, 2010

Optional: _____ If stay over Friday night \$45 (includes breakfast).

 _____ \$45 for onsite 30-minute massage (Friday evening only).

Total: _____ Payment by check only.

Let us know your diet restrictions if any: _____

For more information about beds, rooms and driving directions:

http://bluemtnretreat.org/index.php?option=com_frontpage&Itemid=1

www.crossroadsolutionscoach.com

For more information and questions, contact 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 through e-mail.

We look forward to seeing you!