



## Retreat-Northeast Schedule

### Friday, October 8

- 4:00 PM Afternoon Arrival
- 5:00 PM Introductions
- 6:00 PM Dinner
- 7:00 PM Reflective Session Bonfire

### Saturday, October 9

- 7:00 AM Gentle Yoga
- 7:30 AM Morning Walk
- 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

### Sunday, October 10

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

Come to  
New Hampshire!



### The Inn

615 East Washington Road  
Hillsborough, NH 03244  
- Deaf Owned -



Awakening Your Inner Heart Retreat  
-Northeast-

October 8-10, 2010

Registration Deadline:  
September 25, 2010



## Awakening Your Inner Heart Retreat -Northeast-

## Real Steps to a Healthy Life

October 8-10, 2010

The Inn  
Hillsborough,  
New Hampshire

Retreat Facilitators

Deborah Mayer,  
Deaf Life Coach

Beverly Hanyzewski,  
Deaf Holistic Yoga Instructor

## Retreat-Northeast 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, is a professional certified life coach 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 instruction focuses on health and inner peace through exercises (asanas), flow of breath (prana), meditation and mental approach to life. You will create your plan to live healthy in today's complex world.

# Awakening Your Inner Heart Retreat-Northeast

## Real Steps to a Healthy Life

### October 8-10, 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, walks, campfires and reflective sessions.

Begins: Friday, October 8, 2010  
Ends: Sunday, October 10, 2010

#### Retreat Program

\$185 per person  
\$175 if registered by September 25, 2010

#### Optional: Lodging at The Inn

\$100 per person  
Includes two nights lodging

#### Optional: Meals

\$80 per person for six meals

#### Optional: Massage Service

Questions? Contact: Deborah Mayer at [deborah@crossroadsolutionscoach.com](mailto:deborah@crossroadsolutionscoach.com) or Beverly Hanyzewski at [deafholistic yoga@gmail.com](mailto:deafholistic yoga@gmail.com)

[www.crossroadsolutionscoach.com](http://www.crossroadsolutionscoach.com)

[www.deafholistic yoga.com](http://www.deafholistic yoga.com)

**Registration Deadline is September 25, 2010**

## Retreat-Northeast Registration

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

E-mail \_\_\_\_\_

Fax \_\_\_\_\_

#### Retreat Program

\$185 per person

\$175 if registered by September 25, 2010

**Optional: Lodging at The Inn** Yes \_\_\_\_\_

\$100 per person

Two nights lodging

**Optional: Meals** Yes \_\_\_\_\_

\$80 per person for six meals

Diet Restrictions \_\_\_\_\_

#### Total Cost

\$365 Includes retreat program, lodging and meals

**Optional Massage** \$45 per 30 minutes \_\_\_\_\_

Make check payable to: Crossroad Solutions Coach, LLC

Mail form and check to: Crossroad Solutions Coach, LLC

12 Wedgewood Lane

St. Louis, MO 63141

PayPal is available at

[www.crossroadsolutionscoach.com](http://www.crossroadsolutionscoach.com)

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

**Cancellation Policy** If you cancel 7 days or less to the retreat, a \$25 fee is applied to the refund.

