

Deaf Life Yoga Day Retreat

Awakening Your Inner Heart



Abused Deaf Women's
Advocacy Services
8623 Roosevelt Way NE
Seattle, WA
www.adwas.org

Saturday, July 24, 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

Registration on next page.

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: \$75 *Includes eco-organic lunch bag.*

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

Websites: Deaf Holistic Yoga
crossroadsolutionscoach.com/dhy.html

Crossroad Solutions Coach
crossroadsolutionscoach.com



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Registration Form

Deadline: Saturday, July 10, 2010

Name _____

Address _____

City _____

State _____ Zip _____

E-Mail _____

COST: \$75.00

One day retreat only.

Includes eco-organic lunch.

Select lunch choice:

*Vegetarian*____ *Vegan*____ *Regular*____

Let us know your diet restrictions if any:

For information and driving directions:

www.adwas.org

www.crossroadsolutionscoach.com

For information and questions:

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

PayPal is available at

www.crossroadsolutionscoach.com

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

You will get a confirmation e-mail.

We look forward to seeing you!