

Awakening Your Inner Heart Deaf Day Retreat

Real Steps to Healthy Living

Blue Bird Yoga Studio
St. Charles, Missouri
Saturday, May 5, 2012

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

Dorothy M. Wilkins

Deaf Certified Yoga Instructor

Deborah S. Mayer

Deaf Certified Life Coach

At this unique day 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 personal journey of Self-Empowerment.

We offer:

- Effective breathing and meditation practice
- Life balance adventure
- Group reflections
- Mindful walking
- Open yoga to energy balance

Retreat includes:

- One free 30-minute holistic yoga videophone session
- One free 30-minute life coach videophone session

Day Retreat Schedule

Saturday, May 5

12:30pm	Arrival
12:45pm	Introductions/Opening Circle
1:15pm	Breathing Session
1:45pm	Mindful Walk
2:15pm	Roots and Wings Yoga
3:30pm	Break and Healthy Snack
3:45pm	Mindful Perspectives
5:00pm	Break
5:15pm	Energy Release Yoga
5:45pm	Healthy Organic Dinner
6:45pm	Wheel of Your Life Journey/ Affirmation Plan
7:45pm	Gentle Yoga
8:15pm	Closing Circle
9:00pm	Depart

Cost

Retreat cost includes:
Retreat program
Healthy organic dinner and healthy snacks
\$85 by April 5 \$95 after April 5

Registration and Payment

Click payment choice to register and pay.
\$35 non-refundable deposit.



Above-The Missouri River

Blue Bird Yoga Studio
416 South Main Street
North Side Entrance
St. Charles, Missouri
www.bluebirdyoga.com

Free parking in the back
[Click here for directions](#)



Deaf Facilitators



Dorothy M. Wilkins, MA, founder, Deaf Roots and Wings Yoga, is a certified yoga teacher from Sivananda Ashram Yoga School and also is a registered yoga teacher (RYT-200) from the Yoga Alliance. She has taught Hatha Yoga over 15 years and presented at schools, conferences and events in Deaf communities. Students will learn postures (asanas) and stretches in combination with the flow of breath (prana) to develop flexibility, strengths and relaxation. They will also learn to calm their minds through visualizations and meditation and apply to their daily lives.



Deborah S. Mayer, MA, CRC, ACC, owner, Crossroad Solutions Coach LLC, is a certified professional life coach. She coaches one-to-one and leads interactive workshops, conferences and retreats on life, transition and leadership development for both deaf and hearing communities. Through Gallaudet University, Deborah currently teaches online professional coaching courses for people who want to become certified coaches. In this retreat, students will embark on a personal journey with the coach to discover the greatness in themselves!

For more information and questions:

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