

Awakening Your Inner Heart Day and Evening Deaf Retreat

Real Steps to a Healthy Life

Grounded by Yoga and Wellness Center

East Bloomfield, New York-30 minutes southeast of Rochester, NY

Saturday, October 22, 2011

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 hiking
- Open yoga to energy balance

Retreat includes:

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

Evening Retreat Special

- Raw food workshop and sampling dinner
Dani Stoskof, Deaf Raw Food Chef and Healthy Eating Enthusiast
- Chair massages by Jeanette Wilson, LMT
Deaf Licensed Massage Therapist
\$10 per ten minutes per person

Day Retreat Schedule

Saturday, October 22

8:30am	Arrival
9:00am	Introductions
9:15am	Yoga
9:45am	Mindful Walk
10:15am	Meditation/Reflective Session
11:15am	Break
11:30am	Yoga
12:30pm	Organic Vegetarian Lunch
1:30pm	Meditation/Reflective Session
3:30pm	Break and Healthy Snack
3:45pm	Meditation/Reflective Session/Yoga
4:30pm	Closing Session
5:30pm	Depart

Option: Saturday Evening Retreat

Saturday, October 22

5:30pm	Arrival
6:00pm	Introductions
6:15pm	Yoga
7:00pm	Raw Food Demo and Sampler
9:00pm	Group Reflection and Massages
9:45pm	Free Time

Cost

Day Retreat Package

Retreat program	\$99.95 by September 30
Organic vegetarian lunch and snack	\$115 after September 30

Day and Evening Retreat Package

Retreat program	\$145 by September 30
Organic vegetarian lunch, snack, raw food demonstration and sampling dinner workshop	\$155 after September 30

Evening Only Retreat Package

Retreat program	\$55 by September 30
Raw food demonstration and sampling dinner workshop	\$65 after September 30

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!

Early Registration Deadline is September 30, 2011.

Registration Deadline is October 15, 2011.

Registration and Payment: Click choice to register and pay.

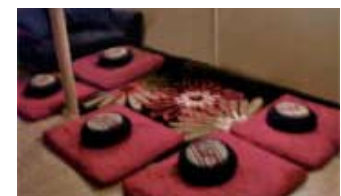
Space is limited!

\$35 non-refundable deposit.

For more information and questions:

Dorothy M. Wilkins
yogangel@aol.com
www.deafrootsandwings.com

Deborah S. Mayer
deborah@crossroadsolutionscoach.com
www.crossroadsolutionscoach.com



Grounded by Yoga and Wellness Center
4 E. Main Street, E. Bloomfield, NY 14469
www.groundedbyyoga.com