

# Tap Your Mind: Unlocking Your Inner Power Deaf Yoga and Life Retreat

Still Meadow Retreat Center  
Damascus, Oregon-35 minutes from Portland  
Thursday, July 12 - Sunday, July 15, 2012

Want an "aha" moment in your life?  
What tools to use to get out of your comfortable zone? Are you still stuck?  
How to use positive and negative energy to your advantage?

How to embrace your inner child?  
Want to reconnect with who you are?  
Crave time for quiet reflection, rest and renewal?

Join us in a beautiful surrounding of tranquil forest to discover and unlock the power that lies within you. At this unique retreat, we offer you a unique blend of yoga, meditation, group playground and leisure time with your deaf retreat facilitators:

## **Dorothy M. Wilkins**

Deaf Certified Yoga Instructor

## **Deborah S. Mayer**

Deaf Certified Life Coach

You will:

- Experience Chakras and Energy Release through Yoga
- Go on Mindful Hikes
- Explore the Core of Your Deaf Self
- Enhance Your Techniques for Breathing
- Eliminate Blocks through Labyrinth Walks
- Understand Your Energy Balance
- Expand Your Creativity
- See Unlimited Possibilities with Fresh Eyes
- Listen to Your Body through Yoga
- Enjoy Meaningful Connections with Like-Minded Deaf Women and Men
- Create an Action Plan to Move Forward
- Savor Organic Vegetarian Meals

Optional Specials

- Massages by Tish Randolph  
Deaf Licensed Massage Professional  
\$55 for 50 minutes. \$35 for 30 minutes.
- Reiki services by Carol Zurek  
Deaf Certified Reiki Master  
\$55 for 50 minutes. \$35 for 30 minutes.

## *Retreat Schedule*

### **Pre-Retreat Program-Optional**

#### **Thursday, July 12**

Arrive after dinner  
Free evening

#### **Friday, July 13**

8:00 AM Breakfast  
9:00 AM On Your Own  
Labyrinth  
Nature Hike  
Can sign up for fee-based services:  
Reiki and Massage Services  
Life, Wellness and Spiritual Coaching  
Gentle Yoga

12:00 PM Lunch  
4:00 PM Services end

### **Retreat Program**

#### **Friday Afternoon, July 13**

4:00 PM Afternoon Arrival  
5:00 PM Introductions/Opening Circle  
6:00 PM Dinner  
7:00 PM Unlock Your Door  
8:00 PM Transformational Breathing  
9:00 PM Creative Activity  
Bonfire

#### **Saturday, July 14**

7:00 AM Listen to Your Body Yoga  
8:00 AM Breakfast  
9:00 AM Discover New Dimension  
10:45 AM Break  
11:00 AM Chakra Yoga  
12:30 PM Reflective Lunch  
1:00 PM Mindful Hike  
2:00 PM Labyrinth Intention  
2:30 PM Understand Your Energy Balance  
3:00 PM Individual Options  
6:00 PM Dinner  
7:00 PM Walk through Your Deaf Eyes  
8:00 PM Energy Release Activity  
9:00 PM Free time

#### **Sunday, July 15**

7:00 AM Gentle Yoga  
7:30 AM Mindful Hike  
8:00 AM Breakfast  
9:00 AM Action Plan  
11:00 AM Closing Circle  
12:00 PM Depart

Above-Mt. Hood, east of Portland

Still Meadow Retreat Center  
16561 SE Marna Road  
Damascus, Oregon 97089  
[www.stillmeadowretreat.org](http://www.stillmeadowretreat.org)



## *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!

## *Cost*

Retreat Program: Friday 4 PM-Sunday 12 PM  
\$185 by June 13 \$200 after June 13

Accommodations at Still Meadow Retreat Center *Prices per night per person*  
\$65 Double Occupancy \$92 Single Room \$38 Dorm Room  
\$113 Room with Private Bath \$26 Camping

Five Healthy Vegetarian Meals \$68 (Friday Dinner-Sunday Breakfast)

Optional Meals: Friday Breakfast \$11 Friday Lunch \$14

## *Registration and Payment*

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



For more information and questions:

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