

# Awakening Your Inner Heart: Real Steps to Healthy Living Deaf Day and Evening Retreat

Still Meadow Retreat Center  
Damascus, Oregon-35 minutes from Portland  
Wednesday, July 11, 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 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 Special Feature

- Raw Food Demo by Dorothy M. Wilkins
- Chair massages by Tish Randolph  
Deaf licensed massage professional  
\$10 per 10 minutes per person.
- Reiki services by Carol Zurek  
Deaf Certified Reiki Master  
\$10 per 10 minutes per person

## *Retreat Schedule*

### **Wednesday, July 11**

8:30am	Arrival
9:00am	Introductions/Opening Circle
9:15am	Breathing Session
9:45am	Mindful Walk
10:15am	Roots and Wings Yoga
11:15am	Break and Healthy Snack
12:00pm	Mindful Perspectives
1:00pm	Reflective Lunch
1:45pm	Wheel of Your Life Journey
2:15pm	Affirmation Plan
4:00pm	Break and Healthy Snack
4:15pm	Closing Circle
5:00pm	Depart

### **Optional: Wednesday Evening**

5:30pm	Arrival
6:00pm	Introductions
6:15pm	Gentle Hatha Yoga
7:00pm	Raw Food Demo Special and Sampler
9:00pm	Awakening Your Inner Heart Discussion and Massages
9:45pm	Free Time

## *Cost*

### Day Retreat Package

Retreat Program	\$110 by June 11
Organic Vegetarian Lunch, Snack	\$125 after June 11

### Day and Evening Retreat Package

Retreat Program,	\$150 by June 11
Organic Vegetarian Lunch, Snack, Raw Food Demo Special	\$165 after June 11

### Evening Only Package

Evening Retreat Program,	\$55 by June 11
Raw Food Demo Special	\$65 after June 11

### Optional Lodging: July 10 and July 11

\$65 Double Occupancy	\$38 Dorm Room
\$92 Single Room	\$26 Camping
\$113 Room w Private Bath	Prices per night per person

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!

## *Registration and Payment*

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



For more information and questions:

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