

Awakening Your Inner Heart Deaf Retreat Enhancing Your Mind, Body and Spirit

Wellspring Spa and Retreat at Mt. Rainier
Ashford, Washington-2 hours from Seattle
Friday, July 6 - Sunday, July 8, 2012

Treat yourself to a beautiful getaway weekend 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 weekend 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

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

Friday, July 6

- 4:00 PM Afternoon Arrival
- 5:00 PM Introductions/Opening Circle
- 6:00 PM Dinner
- 7:00 PM Reflective Session 1
Breathing
- 8:00 PM Labyrinth Experience
- 9:00 PM Bonfire

Saturday, July 7

- 7:00 AM Gentle Yoga
- 7:30 AM Mindful Walk
- 8:00 AM Reflection Breakfast
- 9:00 AM Meditation and Reflective Session 2
- 11:00 AM Yoga
- 1:00 PM Mindful Lunch
- 2:00 PM Meditation and Reflective Session 3
- 3:00 PM Individual Reflective Options
- 6:00 PM Dinner
- 7:00 PM Reflective Activity Session 4
Yoga

Sunday, July 8

- 7:00 AM Gentle Yoga
- 7:30 AM Mindful Walk
- 8:00 AM Reflective Breakfast
- 9:00 AM Meditation and Reflective Session 5
Labyrinth Journey
- 11:00 AM Yoga
- 12:30 PM Pack
- 1:00 PM Lunch
- 2:00 PM Closing Circle
- 3:00 PM Depart

Cost

Retreat Program

\$185 by June 6 \$200 after June 6

Accommodations at Wellspring Spa & Retreat

Lodge	\$72.50 per person x 2 nights	\$145
Sleeping bag in yurt	\$30 x 2 nights	\$ 60
Six healthy organic vegetarian meals		\$ 90

Above-Mt. Rainier

Tatoosh Lodge
Wellspring Spa and Retreat
54922 Kernahan Road E
Ashford, Washington 98304
www.wellspringspa.com



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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Deborah S. Mayer

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