

# A Journey Toward Stillness

*A time to Relax, Refresh and Renew.*

*January 9<sup>th</sup> and 10<sup>th</sup>, 2016*

*\*Option to add on Friday night stay.*

## Retreat 2016

This retreat will be a combination of yoga, meditation and connecting deeply with your own intentions and desires for the New Year. Through these practices you will gain clarity about what you need to let go of and decisions about where we want to start. What a great beginning to 2016!

### Registration Includes:

- Private room
- 2 meals
- All Yoga practices
- Welcome coffee/tea
- Inspiring music
- Safe, nurturing space
- Meditation

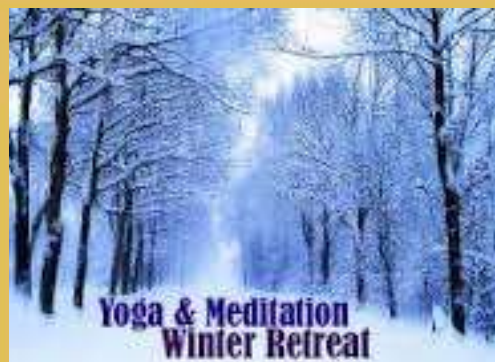
Retreat will be facilitated by **Cathy Corkery**, Yoga teacher/therapist, music instructor from Manchester, IA. Cathy specializes in journeying through chronic pain with people using yoga and mindfulness as powerful healing tools for healing. Visit [www.cathycorkery.com](http://www.cathycorkery.com)

I hope you will give yourself this gift of time and space to relax and renew!

Saturday lunch will be a potluck and the wonderful cooks from Shalom will cook for us Saturday evening and Sunday morning.



*We will have a beautiful soul nurturing Candlelight Restorative Yoga Practice Saturday evening after dinner followed by a time for connecting and relaxing.*



Early Bird Registration **\$149**

After December 24<sup>th</sup> **\$159**

Friday night add-on \$40

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