Winter Retreat

Whidbey Island, WA

Aldermarsh Retreat Center

January 24-27, 2019

This retreat offers a spiritual path to re-connect with ourselves, others, and the natural world. These connections have the capacity to nourish us in a world that can - at times - feel overwhelming. Jenny and Kate draw from their backgrounds in bodywork, mindfulness meditation, awareness-based therapies, Yoga, and Buddhism to guide students into deep connection with their inner resources. When we are resourced, we are better able to meet life's unavoidable challenges.

Grounded in meditation, this retreat includes numerous sitting periods, the practice of yogic breathing, movement explorations and relational mindfulness exercises during which we engage with others. The entire retreat is held is social silence. While there are specific times to ask questions or share experiences, there is no verbal interaction with participants outside of the classroom. All meals, walks, and time between classes are kept quiet to deepen our inner experience. Students are requested to take a break from reading (journaling is encouraged) and using technology in any capacity.

Aldermarsh is located on Whidbey Island, about 1.5 hours from Seattle (including ferry ride). It’s a beautiful center with pristine grounds and within walking distance to the vast forest preserved by the Whidbey Institute. The center features a chemical-free hot tub, sweat lodge, delicious vegetarian food and more. Please visit www.marshhouse.com for more details.

Retreat price includes room, meals and teachings. Please note that there are very few single rooms available and you will most likely have a roommate. We do our best to accommodate your room choices but cannot guarantee your first choice. All meals are vegetarian with vegan and gluten-free options.

Pricing:

Single Room $900

Double Room $800

Triple Room $700

$200 *non-refundable* deposit reserves your spot. Final payment due December 14th.

Please send a deposit check and the registration form to:

Jenny Hayo 165 26th Ave Seattle, WA 98122

You can also pay by credit card with an additional 4% surcharge.

In an effort to foster inclusivity and diversity, a limited amount of partial scholarships are available. Please inquire if interested.

Kate and Jenny will donate a portion of our earnings to Yoga Behind Bars. Since 2008, Yoga Behind Bars has helped thousands of incarcerated women, youth and men transform their lives through their yoga programs.

Registration Form

Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_email\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Phone number\_\_\_\_\_\_\_\_\_\_

Emergency Contact name and phone\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Do you snore?\_\_\_\_\_\_\_\_\_

If so, we ask that you opt for a single room if possible.

Circle one for each choice of room accommodation.

First choice: Single Double Triple

Second choice: Single Double Triple

Third choice: Single Double Triple

Have you attended a meditation retreat before?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What is your experience with yoga and meditation. Do you have a regular practice with either?

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Please list any injuries, past surgeries or physical limitations that you are experiencing.

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Are you currently experiencing anxiety, depressionPTSD? Are you under psychiatric care?

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Do you have any food allergies or special dietary needs? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Are you applying for a partial scholarship? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_