

# Awakening Your Inner Heart Deaf Retreat Real Steps to a Healthy Life

Breitenbush Hot Springs Retreat Center  
Detroit, Oregon  
July 24-26, 2011

**New Registration  
Fee and Date!  
Register Now!**



Breitenbush Hot Springs Retreat Center  
<http://breitenbush.com>

## Back By Popular Demand!

It is a time to replenish and renew our bodies, mind and spirit, listen to our inner voice and gain clarity and insight in our lives through yourself, one-on-one coaching and group play.

The Deaf Retreat is about learning who you are: a journey of Self-Empowerment. We offer breathing awareness, life balance adventure, yoga, quiet contemplation, meditation art, walks and reflective sessions.

**Retreat Program** \$175 by July 2, 2011  
\$225 after July 2, 2011

### Accommodations at the Center includes:

**Prices Separate from  
Retreat Program** **Lodging**  
**Organic Vegetarian Meals**  
**Free Access to Hot Springs**

Dorm	\$70 per night	\$140 two nights
BB Tent	\$70 per night	\$140 two nights
Own Tent	\$58.20 per night	\$116.40 two nights

**Optional Massage** \$45 per 30 minutes  
Tish Hetman Randolph  
Deaf Licensed Massage Therapist

## Retreat Schedule

### Sunday, July 24

4:00 PM Afternoon Arrival  
5:00 PM Introductions  
6:00 PM Dinner  
7:00 PM Reflective Session Bonfire

### Monday, July 25

7:00 AM Gentle Yoga  
7:30 AM Morning Walk  
8:00 AM Breakfast  
9:00 AM Meditation and Reflective Session  
1:00 PM Lunch  
2:00 PM Meditation and Reflective Session  
3:30 PM Individual Reflective Option  
6:00 PM Dinner  
8:00 PM Reflective Activity

### Tuesday, July 26

7:00 AM Gentle Yoga  
7:30 AM Morning Walk  
8:00 AM Breakfast  
9:00 AM Meditation and Reflective Session  
1:00 PM Lunch  
2:00 PM Closing Session  
3:00 PM Depart

**Registration/Payment** Click choice to register and pay.



### Questions?

Contact: Deborah Mayer  
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*Early Registration Deadline is July 2.*

## 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 Mayer, MA, CRC, ACC**, owner, Crossroad Solutions Coach, LLC, is a professional certified life coach. She coaches one-to-one and leads interactive workshops, conferences and retreats on life, transition and leadership development for Deaf and hearing communities.

Life coaching is a person-centered and action-reflective process; a partnership designed to explore and enhance your ability to focus and make effective changes to achieve desired goals to maximize success and fulfillment in your life. You will become resourceful to move forward with an action plan and fresh personal perspectives.

