

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

Frederick, Maryland
Sunday, June 12, 2011



Inner Heart Deaf Day Retreat
Braddock Heights (Frederick)
Directions given upon registration

Treat yourself to a beautiful getaway day of holistic approach to healthy living, life coaching and yoga with your Deaf retreat facilitators:

Beverly Hanyzewski

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:

- Breathing awareness
- Life balance adventure
- Group discussions
- Quiet contemplation
- Hiking
- Yoga

Also includes:

- One free 30-minute holistic yoga videophone session
- One free 30-minute life coach videophone session

Day Retreat Schedule

| | |
|---------|---------------------|
| 8:30am | Arrive |
| 9:00am | Morning Walk |
| 9:30am | Morning Yoga |
| 10:15am | Break |
| 10:30am | Session |
| 12:30pm | Lunch |
| 1:30pm | Session |
| 3:30pm | Break |
| 3:45pm | Session |
| 4:30pm | Affirmation/Wrap Up |
| 5:00pm | Depart |

Option: Saturday Night Pre-Retreat

| | |
|--------|------------------------------------|
| 6:00pm | Arrive |
| | Nature walk |
| | Spirit circle to enrich your heart |
| | Guided meditation |
| | Healthy snack |
| | Bonfire |
| 9:30pm | Free time |

Hotels in Frederick

Comfort Inn, Days Inn, Hampton Inn, Holiday Inn Express, Fairfield Inn & Suites

Optional: Camping at One-Acre Home

\$25 per tent for 1- 2 persons each night.
\$10 per extra person.

Includes restroom and continental breakfast.
Camping fee is paid at retreat.

NOTE: *Camping fee is separate from Pre-Retreat and Day Retreat fees.*



Beverly Hanyzewski, MA, RYT founder of Deaf Holistic Yoga, became a Deaf Registered Yoga Alliance teacher in 2004. She incorporates holistic perspectives and approaches through yoga meditation classes and workshops for all ages and has presented in conferences, schools and events in deaf communities.



Deborah S. Mayer, MA, CRC, ACC, owner, Crossroad Solutions Coach LLC, Deaf professional certified life coach, is recognized by the International Coach Federation. She coaches one-to-one and leads interactive workshops, conferences and retreats on life, transition and leadership development for both deaf and hearing communities.

Cost: \$95 Day Retreat-includes eco-organic lunch & snacks.
\$110 Day Retreat and Saturday Night Pre-Retreat.

Deadline: May 21 After May 21, \$115-Day Retreat, \$130-Day Retreat and Saturday Night Pre-Retreat.

Reiki/Massage available at extra charge on Saturday night. 30-minute massage \$45. Pay directly to massager.

Payment: Click on payment choice.



Space is limited!! \$35 non-refundable deposit.

For more information and questions, contact:
deafholistic yoga@gmail.com

Websites: www.deafholistic yoga.com
www.crossroadsolutionscoach.com

