

Awakening Your Inner Heart Deaf Day Retreat

Real Steps to a Healthy Life

Blueberry Gardens
Ashton, Maryland

Saturday, September 24, 2011

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

Cost: \$99 Day Retreat
Note: Bring your own lunch.

Deadline: **August 24**
After August 24, \$114

Payment: Click on payment choice.



Space is limited!!

\$35 non-refundable deposit.

For more information and questions, contact beverly@deafholisticoyoga.com

Websites:

www.deafholisticoyoga.com

www.crossroadsolutionscoach.com

Deaf Facilitators



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.



Blueberry Gardens
237 Ashton Road
Ashton, MD
www.blueberrygardens.org

Blueberry Gardens is located on 15 acres in Ashton, MD in northeast Montgomery County, surrounded by woods and fields. The gardens feature a spacious and beautiful octagon center where you will be at the day retreat.