



THE LIGHTHOUSE RETREAT AND WELLNESS CENTER



Women's Express Yourself Weekend Retreat at the Garrison Institute

Friday ~ Sunday / April 26-28, 2013

Join us for an eventful and refreshing weekend women's retreat at the beautiful Garrison Institute. We will begin the workshop Friday evening exploring what it is that holds us back from expressing our true essence. When these ideas become conscious, we can then integrate and develop strategies that will help us move through them graciously. Saturday morning, through guided meditation and exercises, we will explore what our best expressed self looks like. In the afternoon we will be expressing ourselves with art. Crystal Bowl meditation and in the evening the Blissing (song and dance). Sunday morning we will process what you have learned about yourself and ceremoniously close the weekend.

Express Yourself Workshop lead by Cathy Anesi, LCSW, RM

Yoga Saturday and Sunday morning lead by Kelly Hill from Lotus on Main (lotusonmainny.com)

Blissing Ceremony Saturday Evening lead by Eileen Ohare & Cat Guthrie (blissingchant.com)

Express Yourself Art Project Saturday Afternoon lead by Cathy Anesi, LCSW, RM

Crystal Bowl Meditaion lead by Kelly Hill from Lotus on Main (lotusonmainny.com)

Retreat includes Friday night dinner; breakfast, lunch and dinner on Saturday; and Breakfast and lunch on Sunday.

All meals are vegetarian. Single, double, and triple occupancy available.

Workshop fee is \$180 plus room and board paid to the institute. Please go to Garrisoninstitute.org to reserve your room.

There is a commuter fee available if you do not want to sleep at the retreat center. All meals are included in this fee.

*Reiki and massage available for an additional charge

Garrison Institute, 14 Mary's Way, Route 9D, Garrison, New York 10524 garrisoninstitute.org

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