



## About Bon Secours

Bon Secours is nestled among 300+ acres of wooded hills, and its beautiful grounds include a peace garden, swimming pool, and reflecting pond with arched footbridge. We will be treated to delicious vegetarian meals as well as snacks and tea throughout the day. This retreat is suitable for students at all levels and experience is not required. All materials, linens, bedding, and towels will be provided, so you need only bring a yoga mat and cushion for meditation, and any inspiring books or a personal journal if desired. You might also want to have a swimsuit, walking shoes, and a sweater or light jacket.

## About Us

### **Shannon Mayhew, EdM, RYT**

Shannon leads workshops and retreats on yoga, emotional intelligence, creativity and presence at yoga studios, retreat centers, schools, camps, and corporations. Shannon holds a master's degree in education from Harvard University and several yoga teacher training certifications.

### **Dee Gold, MA, E-RYT 500**

Dee has been teaching yoga and leading workshops for over 40 years. She is a certified Yoga Therapist, an award-winning author, and spiritually informed life coach. She holds a master's degree in Movement Therapy from Goucher College. Dee has studied with several master teachers, including Rodney Yee, Donna Farhi, John Schumacher, and Ken Wilber.

### **Shelly Greenberg, E-RYT 500**

Shelly has been offering classes at the Evergreen Yoga Studio since 1979. She emphasizes working with the breath and adapting asana to suit individual differences as described by T.K.V. Desikachar and his senior teachers. Shelly is a founding member and past president of the Mid-Atlantic Yoga Association. Her studio has been profiled in the Washington Post and Washingtonian Magazine.



# The Oasis

## Yoga Retreat

### July 19-21, 2019

**Bon Secours Retreat Center**  
**1525 Marriottsville Road**  
**Marriottsvile, MD 21104**



## Rest, Refresh, Restore...

Restore body, mind, and spirit at the Oasis Yoga Retreat. This will be a weekend dedicated to your relaxation and renewal. Highly experienced yoga and meditation teachers will guide you in deep, replenishing practices. Connect with kindred spirits as you rest by the pool or stroll through the shade of the peace garden. Enjoy deeply nourishing meals; listen to your inner voice in sacred moments of morning meditation. Quench your thirst for a respite from stress, and drink from the fountain of yogic bliss.

## Your Oasis Program Schedule

### **Friday:**

**Option 1: Arrive btwn 11 & 12**

12:00 Lunch

1:00 Peace Garden Meditation

2:30 Guided Labyrinth Experience

3:30-6 Free Time (swim, explore, connect, rest...)

**Option 2: Arrive btwn 5 & 6**

6 pm Dinner

7 pm Welcoming Circle, Evening Program & Guided Meditation\*

### **Saturday:**

7 am Morning Meditation

8 am Breakfast & Free Time

10 am Hatha Yoga

12 pm Lunch & Free Time

3:30 -5 Afternoon Program

6 pm Dinner & Free Time

7:30 pm Evening Program & Yoga

Nidra Meditation\*

### **Sunday:**

7 am Morning Meditation

8 am Breakfast & Free Time

10 am Hatha Yoga

12 pm Lunch

1 pm Closing Program

3-5 Group Photo, Optional Free Time (swim, explore, connect, rest...)

*\*We will observe silence from evening meditation through breakfast.*



## Registration

The price for the Oasis Yoga Retreat is \$670 for Option 1, and \$635 for Option 2. **However, if you register before May 5<sup>th</sup>, you can take advantage of the Early Bird rate of \$620 for Option 1 and \$585 for Option 2.**

The price includes a private bedroom with bath, all classes & programs, seven vegetarian meals, and snacks. To register, send a check for \$300, payable to Shannon Mayhew, along with your name, phone number, email address & mailing address to Shannon Mayhew, 16405 Apache Lane, Gaithersburg, MD 20878. Your deposit includes a nonrefundable registration fee of \$80. The payment balance is due by June 18th. Because of Bon Secours policies, no refunds can be made after that date. For questions, or information on how to pay via PayPal or Venmo, contact Shannon: 301-467-9286 or mayhew.shannon@gmail.com.

