

# *The Fine Art of Yoga*

## *Weekend Retreat*

*June 30 – July 2, 2017*

*Bon Secours Spiritual Center*

*1525 Marriottsville Road*

*Marriottsville, MD 21104*



Nourish both body and soul with hatha yoga, meditation, healthy meals, rest, and community time. Programs will support our exploration into what it means to:

- ❖ *Live "artfully,"*
- ❖ *Act as creator of our daily experience,*
- ❖ *Practice yoga as an art, and*
- ❖ *Create art as a meditative process.*



### **Program Schedule:**

***Friday:*** arrive between 3:30 and 6 pm

6 pm Dinner

7 pm Evening Program & Meditation\*

### ***Saturday:***

7 am Morning Meditation

8 am Breakfast & Free Time

10 am Hatha Yoga

12 pm Lunch & Free Time

2 pm Afternoon Program

4 pm Hatha Yoga

6 pm Dinner & Free Time

7:30 pm Evening Program & Meditation\*

### ***Sunday:***

7 am Morning Meditation

8 am Breakfast

10 am Hatha Yoga

12 pm Lunch

1 pm Closing Program

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

## ABOUT US



*Shannon Mayhew*

As a yoga teacher and a cognitive scientist, Shannon Mayhew combines wisdom from yoga with neuroscience research, to develop methods that help people to live their lives fully, by being fully present. Shannon leads workshops and retreats on yoga, emotional intelligence, creativity and presence at yoga studios, retreat centers, schools, camps, and corporations. She is the founder of *Wisdom Wood*, an online yoga and meditation retreat community. Shannon has produced yoga curricula for special populations, and is writing a series of lyrical children's books that celebrate nature and presence. She sees writing, drawing, and yoga as mindful practices that serve as doorways, opening to the healing and joy that are available only in the present moment. Shannon holds a master's degree in education from Harvard University and several yoga teacher training certifications. She has also studied Vedic meditation with Dr. Mahapatra Guyendra, a direct student of Maharishi Mahesh Yogi.



*Dee Gold*

Dee Gold has a bachelor's degree in clinical psychology and a master of arts in creative arts therapy, specializing in dance/movement. She completed Phoenix Rising Yoga therapy in 1998 and has maintained a private practice over the past 30 years in therapeutic bodywork, spiritually based life-coaching, and stress management. Dee has earned the highest certification offered by Yoga Alliance (Experienced Registered Yoga Teacher-500). She is director of the Inner Reaches 200-hour teacher training program. An award-winning author, Dee is also a level one Reiki practitioner, and a certified advanced practitioner of the John Barnes school of Myofascial Release Technique. In addition to owning and teaching yoga at Inner Reaches Yoga & Health, Dee offers on-site seminars and workshops in mind-body wellness, self-discovery, creativity, meditation, stress management, and yoga, at home and in the workplace. Her passion is helping people embrace challenging life transitions and guiding them in their search for wholeness, authenticity, and spiritual grounding.

## 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 art experience is not required. All art 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 special art supplies if desired. You might also want to have a swimsuit, walking shoes, a sweater or light jacket, and a personal journal.*

## REGISTRATION

*We strongly encourage you to register early because this retreat is limited to 15 participants and will fill up quickly. The price for the complete program is \$597. This includes a private bedroom with bath, all classes, six vegetarian meals, and snacks. Register at [ShannonMayhew.com/yoga.html](http://ShannonMayhew.com/yoga.html), or send a check for \$300, payable to Shannon Mayhew, along with your name, phone number, email address and mailing address to Shannon Mayhew, 16405 Apache Lane, Gaithersburg, MD 20878. Your deposit includes a nonrefundable registration fee of \$80, The \$297 balance is due May 29th. Because of Bon Secours policies, no refunds can be made after that date. For more information, contact Shannon: 301-467-9286 or [mayhew.shannon@gmail.com](mailto:mayhew.shannon@gmail.com).*

