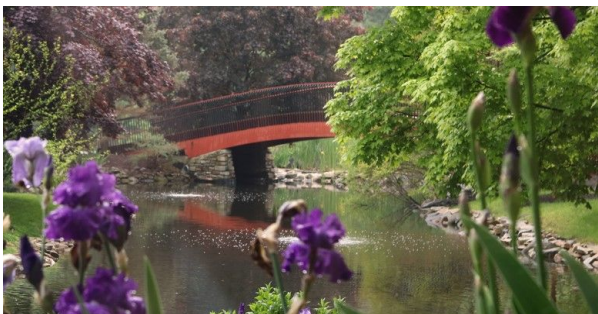


The lotus flower emerges from murky waters and opens into a vibrant, beautiful blossom, teaching us that we, too, can invoke a sense of grace, even amidst the “mud” of life. Through our yoga practice, we employ breath- and movement-based tools to walk a path toward this sense of grace and peace. This is our Lotus Path, lifting us from the muck, with each practice nourishing that in us which wants to bloom.

During our weekend together, we will enjoy delicious food, soul-nourishing yoga practices, and kindred community. You will learn some powerful yogic techniques as we support you in creating your own practice to take home as a personal ritual for walking your Lotus Path to peaceful mastery, no matter the situation.



# **The Lotus Path**

## **Weekend Yoga Retreat**

**February 15-17, 2019**

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



### **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 & Free Time  
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. Shannon has produced yoga curricula for special populations, and is writing a series of lyrical children's books that celebrate nature and presence. 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 is a certified yoga therapist 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. Dee also offers on-site seminars and workshops in mind-body wellness, self-discovery, creativity, meditation, stress management, and yoga, at home and in the workplace.



*Shelly Greenberg*

Shelly Greenberg E-R.Y.T. (500 hrs.) 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. Her desire to see the whole world relax has led to the successful marketing of Relaxation in a Bag and More Yoga Products. 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.

## ABOUT BON SECOURS

*Bon Secours is nestled among 300+ acres of wooded hills, and its beautiful grounds include a peace garden, labyrinth, and reflecting pond with arched footbridge. We will be treated to delicious vegetarian meals as well as snacks and tea throughout the weekend. This retreat is suitable for students at all levels; experience is not required. All materials, linens, bedding, and towels will be provided. You need only bring a yoga mat and cushion for meditation, and any inspiring books or personal journal if desired. You may wish to have boots or walking shoes and warm clothing for walking the grounds.*



## REGISTRATION

*We strongly encourage you to register early because this retreat 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 \$207 balance is due by January 14th. 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).*