



## *Living a Life of Abundance!*

*A Deaf Yoga & Life Retreat*

*September 12 ~ 14, 2014*

*Voluntown Peace Trust  
Voluntown, Connecticut*

### Treat yourself to a wonderful getaway weekend in Connecticut

This weekend retreat is for Deaf individuals who wish to shift their lives from a rut into a fulfilling life that can be life, love, relationship or quality time. In a beautiful surrounding of tranquil scenery, your Deaf retreat facilitators, Deborah and Dorothy, will walk with you in your journey:

Deborah S. Mayer

Life Coach

Professional Coach Trainer

Dorothy M. Wilkins

Integrative Wellness Coach

Certified Yoga Instructor

During this weekend, you will:

- Identify habits that keep you from growing.
- Navigate and grow in areas you desire.
- Understand your holistic energy balance.
- Discover the joy in your relations with others.
- See unlimited possibilities with fresh eyes
- Visualize what you want as an individual.
- Create an action plan toward a vibrant life and move forward.

Also you will:

- Develop skills in meditation, exercise and yoga.
- Enhance your techniques for breathing.
- Listen to your body through yoga.
- Expand your creativity.
- Walk through an amazing labyrinth.
- Develop inner peace through yoga and mindful walks.
- Savor organic vegetarian meals.

There will be mindful activities and yoga workouts, wholesome healthy meals, life coaching sessions, story exchanges, and massage and Reiki services. You will come away with an action plan to live a life of abundance the way you want.

Optional Specials: Reiki service by Carol Zurek, Deaf Certified Reiki Master Fee: 50 minutes for \$55. 30 minutes for \$35.

Retreat Program - Lodging - Registration

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