

Full Weekend Retreat Registration Form:
 NAME: _____
 ADDRESS: _____

 PHONE# : _____
 EMAIL: _____

Cabin preference: _____
 ~OR~
 I am camping with a _____ Tent
 . . . _____ ft. Camper

Sat. Workshop choice: _____
 Sun. Workshop choice: _____

There is a 50% non-refundable deposit due to hold your space. The remaining 50% is due by Sept. 5th. Commuters please pay in full when you register.

Pinewood Lodge has a selection of campsite & rental accommodations. If you are new to camping, or simply seek to stay in something which is more like home, one of our rental units might suit you perfectly. **Campsites** are spacious and wooded. Each comes with a picnic table and fieldstone fireplace. **Yurts** – include a futon, bunk bed, table and chairs. Electricity included. **Two-room Log Cabins** include 1 full size bed and 1 bunk bed, an efficiency kitchen, toilet/shower, cable TV and a porch. **Deluxe Cabins** include 1 full size bed and 1 bunk bed and a futon, kitchen, living area, bathroom, cable TV, and AC/heater. **Lakeside Cottage** includes a full kitchen, full bath, 1 full size / twin bunk bed, AC/heater and cable TV. Off the back of the cabin is a screened porch which overlooks Pinewood Lake.

All rentals include an outdoor charcoal grill, some cookware and utensils, as well as an outdoor picnic table and fireplace. Linens must be brought from home (or may be rented for a nominal fee.)

Retreat Rates:

*Full weekend registration includes 2 nights accommodations, 4 meals, 3 workshops, 5 yoga classes & Sat. Evening program.

Weekend* + Campsite \$229.00 per person
 Weekend* + Yurt \$270.00 per person
 Weekend* + Log Cabin \$295.00 per person
 Weekend* + Deluxe \$320.00 per person
 Weekend*+ Cottage \$330.00 per person
 Commuter** \$165.00 per person

**Commuter registration includes 2 meals, 2 workshops (Saturday), 2 yoga classes & Sat. Evening program.

~ Save 10% ~
make your reservation and pay in full before August 20th, 2011

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 Also available this weekend...

Take a Kayak for a peaceful drift on Pinewood Lake.

Treat yourself to a massage! Full body or just shoulders, neck & head, you decide.

Want some guidance...have a tarot or angel card reading.

Visit the sights of Historic downtown Plymouth.

**September 23<sup>rd</sup> ~ 25<sup>th</sup>, 2011  
 Health & Wellness Retreat**



**Inward Journey**

Take a trip these first days of Autumn. Give yourself the gift of a fantastic voyage into your own body, mind & heart. Explore this world through a variety of modalities. Enjoy peaceful stillness and nature among the tall pines by the lake. Come alone or with friends for a weekend of relaxation and fun!

**Hosted at beautiful Pinewood Lodge  
 Campground in Plymouth, Ma.**

[www.pinewoodlodge.com](http://www.pinewoodlodge.com)

**Call 508-746-3548 ext. 600 to make reservations or write us at [camp@pinewoodlodge.com](mailto:camp@pinewoodlodge.com)**

|            |            |          |
|------------|------------|----------|
| Yoga       | Workshops  | Kayaking |
| Meditation | Philosophy | Music    |

## Friday, Sept. 23<sup>RD</sup>

- 2:00 pm: Check-in  
4:00 pm: YOGA  
6:30 pm: Welcome Reception &  
Orientation, Light Supper  
8:00 pm: Yoga Nidra

## Saturday, Sept. 24th

- 7:30 am: YOGA  
8:45 am: Breakfast  
9:30 am ~ 11:30 am: WORKSHOPS\*

~ Lunch on your own ~

2:00 pm ~ 4:00 pm

*"Inward Journey"*

We will look at using the classical yoga system described by the sage Patanjali, which contains eight limbs that form a system of practice and point toward a final goal: the realization of one's pure and essential nature. Each limb has a distinct role to play in this unfolding process, and together they provide both an order of practice and a measure of attainment.

- 4:30 pm: YOGA  
6:30 pm: Dinner  
7:30 pm: Evening Program

## Sunday, Sept. 25th

- 7:30 am: YOGA  
9:00 am: Breakfast  
10:00 ~ 12:00 pm: WORKSHOPS\*  
12:30 pm: Closing Ceremony



**Yoga Nidra** brings an incredible calmness, quietness and clarity. It is one of the deepest of all meditations, leading awareness through many levels of mental process to a state of supreme stillness and insight. **Barbara Ward** is the director of the YogaConnection in Plymouth. Her focus is helping others to breathe freely, to relax completely, and to allow the body to express itself from the inside out. Licensed Psycho therapist, Certified Partner/ Couples Yoga Teacher , certified Imago Relationship therapist. **RYT/KYTA**

## Saturday Workshops

**Stilling the "Mind Chatter"** Explore why the wheels on our "mental bus" always seem to be going round and round and strategies on how we can manage our thoughts to better serve us.

**Brunnie Getchell** is an Advanced Certified Hypnotherapist, Master's Level Counselor and a Reiki Master Practitioner who has practiced for over twenty years in a wide variety of clinical settings. She currently has a private practice in Bridgewater, Ma where she offers a combination of holistic modalities, as well as, individual, couples and family counseling.

**Shamanic Journey** The spirit journey is a time-honored shamanic method of inner consultation. It is a way of communicating with your inner or spirit self and retrieving information. Your inner self is in constant communication with all aspects of your environment, seen and unseen. You need only journey within to find answers to your questions. **Maria daSilva** is an educator who teaches immigrant children at the public school level and other educators at the graduate level. She is also a practicing shaman, trained by Alberto Villoldo and the Four Winds Society. She founded Sustainable Plymouth after receiving The Earth Keeper rights during her shamanic training.

## Kirtan with Bhavani Lorraine Nelson

Bhavani offers experiential workshops throughout the world from her home base at Kripalu Center in Stockbridge, MA, with which she has been aligned as a program director since 1988. Bhavani has practiced and taught many techniques of meditation, including mantra, for over 40 years. She also teaches yogic tools to transform stress; and the power of the voice, including sounding, singing, chanting, sound healing, and public speaking. She has conducted inspirational seminars, sounding experiences, and vocal coaching in educational, medical, corporate, and religious settings.

## Sunday Workshops

**Restorative Yoga** In restorative yoga, props are used for support the body so that you can hold poses for longer, allowing you to open your body through passive stretching. Restorative postures are usually adapted from supine or seated yoga poses with the addition of blocks, bolsters, and blankets to eliminate unnecessary straining.

**Laurie Boucher** is a certified Restorative Yoga instructor who also teaches beginner yoga, Yogafit and Yoga therapy.

**Shake Your Chakras** Celebrate your inner dancer by blending yoga with expressive movement.

**Kim Saunders** is a Kripalu certified yoga instructor. She holds an associate's degree in education and art. Over the last 25 years she has taught children and adults everything from art to yoga. She is the Activities Director at her family owned campground and Resident Services at the Village at Duxbury. Kim has found a way to bring her passion for yoga and her campground business together by hosting retreats at the facility in Plymouth. **RYT**

More presenters and workshops may become available.

## From The Journey

.....But little by little,  
as you left their voices behind,  
the stars began to burn  
through the sheets of clouds,  
and there was a new voice  
which you slowly  
recognized as your own,  
that kept you company  
as you strode deeper and deeper  
into the world,  
determined to do  
the only thing you could do --  
determined to save  
the only life you could save.

~ Mary Oliver ~