

Meditation Retreat

APRIL 17-19, 2015

MATTHEWS COUNTY, VA



A weekend workshop with JJ Gormley



A Special Retreat for a Limited Few

A private setting at JJ's sister's home, this workshop is limited to a few participants

This workshop will allow a select few to learn more in-depth information and application of meditation in a beautiful private setting on the North River at the mouth of the Chesapeake Bay.

Various techniques will be introduced for meditation for self and for application as a yoga therapist. This retreat is both for your own personal practice as JJ will work with you to deepen your own practice as well as understand the application of calming the mind.

This home is approximately 1.5 hrs from the Richmond airport, or 45 min from Newport News airport. Travel necessitating a ride from the airport should be arranged with JJ or plan to rent a car.

Registration can be made via PayPal on the website, calling with your credit card payment, or mailing a check. There is limited space so please register early.

Fee includes the module, plus accommodations (also included is the cost of most groceries (some special items for special diets may be included, depending on what the needs are—please let JJ know ahead.) Our meals will be prepared together (i.e., participants working together to cook and clean for ourselves). Friday night meal will be provided by JJ and any early arrivals. For other meals we will all pitch in and have a great time cooking, cleaning, sharing our meals together. Sunday lunch we will go out to the town of Matthews (or Gloucester) (cost not included).

Begins Friday night 6pm

Ends Sunday 12pm

REGISTRATION
INFORMATION

To Register, contact JJ. Fee: \$530.
\$100 reserves your place
Balance \$430 due March 31st

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