

# Listening Within

## A One Day Mid-Summer Silent Yoga Retreat Registration

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Address: \_\_\_\_\_

Emergency Contact:

Name: \_\_\_\_\_

Relation to you: \_\_\_\_\_

Phone number: \_\_\_\_\_

Do you have any food considerations/allergies? Yes \_\_\_ No \_\_\_

If yes, please explain: \_\_\_\_\_

Is there anything else I should be aware of? \_\_\_\_\_

Do you have these yoga things?

Mat \_\_\_ yoga blankets \_\_\_ 2 yoga blocks \_\_\_ I have none of these \_\_\_  
(No need to worry if the answers above are NO, I will provide what you need.)

**Your spot in this retreat is not confirmed until payment is received.**

Venmo payment is preferred: @Susan-Kane-81

Personal checks accepted

Make checks payable to Inlight Transformation

Mail to: 69 Morrill Rd., Norway, ME 04268

A confirmation email will be sent upon receipt of payment. Please reach out for questions: [inlighttransformation@gmail.com](mailto:inlighttransformation@gmail.com)

REFUNDS - No refunds will be issued for any reason after July 15, 2023. Refunds before June 15, 2023 will be subject to a \$50 cancellation fee.

Looking forward to connecting with you in July!

I understand the refund policy.

Signature \_\_\_\_\_ Date \_\_\_\_\_

For office use only.

Check # \_\_\_ Date \_\_\_ Cash \_\_\_ Venmo \_\_\_



[inlighttransformation.com](http://inlighttransformation.com)

Everyone agrees life can be busy!  
Is it time for some self-care?  
Is it time to rest, reflect, restore, and rejuvenate?  
If so, then maybe this is for you....

# Listening Within

## A One Day Mid-Summer Silent Yoga Retreat

In the container of this silent one-day yoga retreat, you will feel a sense of community being in shared silence with others. The gift of group silence offers a supportive environment inviting you to open to your inner silence, listening within, and becoming present to the different aspects of yourself... body, feelings, and thoughts.

During our time together, you will partake in two forms of meditation (mala and walking), experience two styles of yoga practice (gentle and restorative) and ample time for lunch, journaling and reflecting. Unfurling from individual silent sanctuaries, we will conclude with a closing circle, conversation, and refreshments.

WHEN: Saturday July 29, 2023  
WHERE: Wilkins House, 19 Plummer Hill Road, Waterford ME 04088  
TIME: 8:45a-5:00p

INVESTMENT: \$215.00  
Registration closes July 15

EARLY BIRD : \$199.00 before May 31

WHAT'S INCLUDED: A delicious catered lunch, snacks and tea; retreat mugs, journals, and mala necklaces.

WHAT TO BRING: Water bottle; yoga mat, blanket(s) and blocks. (If you do not have yoga things, they will be provided.)

Your retreat host and facilitator, Susan Kane, a 500hour RYT, teaches yoga classes in person and online in the Oxford Hills and in Bridgton, and is also a Reiki Master Teacher. She invites you to come spend this summer day connecting to yourself.



FMI and Register go to: [inlighttransformation.com](https://inlighttransformation.com)

Choose "Classes & Workshops" to register

**SPACE IS LIMITED!**