

Listening Within

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

REFUNDS - No refunds will be issued for any reason after August 26, 2023.

Refunds will be subject to a \$50 cancellation fee.

Looking forward to connecting with you September 9th!

I understand the refund policy.

Signature _____ Date _____

For office use only.

Check # ___ Date ___ Cash ___ Venmo ___



inlighttransformation.com

New Date!

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

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.

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.



WHEN: Saturday September 9, 2023
WHERE: Wilkins House, 19 Plummer Hill Road, Waterford ME 04088
TIME: 8:45a-5:00p
INVESTMENT: \$215.00
Registration closes August 26, 2023

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.)



FMI and Register go to: inlighttransformation.com
Choose "Classes & Workshops" to register
SPACE IS LIMITED!