

In an age of acceleration, nothing can be more exhilarating than going slow. In an age of distraction, nothing is so luxurious as paying attention. And in an age of constant movement, nothing is so urgent as sitting still.

—Pico Iyer

Thank you for your interest in our **Women's Restorative Retreat, September 22-24**, in celebration of the Autumnal Equinox.

We are creating it in response to a craving—a craving on the part of our bodies and our spirits to pause—to step out of the rushing current of life and gather with a group of like-minded souls on the riverbank. To slow down time, reflect, integrate, and align with the natural rhythms all around us. We are offering a weekend of nurturing, restorative practices in a quiet spot outside the rush, where you can deepen into yourself, connect in meaningful ways with other women, and honor your place as the season shifts toward Fall.

We'll settle into Bend of Ivy, a cozy lodge in a gorgeous mountain setting just 30 minutes north of Asheville, where we'll be nourished by local, organic, seasonal food and each other. Our time together will include:

- Gentle, all-levels yoga classes
- Meditation and guided relaxation
- Sound immersion healing
- Walking meditation through the mountaintop labyrinth
- Evening sharing and storytelling at the fire pit beside the pond
- Plenty of time and space for creating, walking, musing, and rest

Details:

- The retreat begins on Friday, Sept 22, at 5:30 PM, with arrival, dinner, and gathering. It ends on Sunday, Sept 24, at 12 noon, following brunch.
- Cost: \$550 for a shared room, \$650 for a private (3 privates available). Cost includes all meals and materials.
- Your completed registration form (please email us if you'd like one) and non-refundable \$200 deposit reserves your spot. Complete payment is due by Aug 22, with no refunds after that date.

We look forward to slowing down with you,

Paige pmgilchrist@gmail.com

Janelle janellerailey@gmail.com

Paige Gilchrist, E-RYT-200/RYT-500, has been practicing yoga and meditation for 20 years. She completed her training at Asheville Yoga Center, is Yoga Alliance certified, and holds advanced certification in Therapeutic Yoga. Her warm and welcoming style will invite you to stretch, strengthen, balance, move energy, release stress and tension, and cultivate peace and joy you can take with you back into the world.

Janelle Railey MA, LPC, RYT is a licensed psychotherapist, meditation instructor, experienced yoga teacher, and somatic educator. She believes in the healing potential of retreat and understands the body's capacity (when given the space) for expression and healing. Her ongoing training and education have been a 20-year (still continuing) endeavor to meet life directly and freshly—she aspires to offer this opportunity to others.