

REGISTRATION-2022 RETREAT

Payment Information: Make checks payable to A Place of Wholeness. Please print clearly.
Please indicate the days you will attend.

Name: _____

Mailing Address: _____

City, State, Zip: _____

Telephone: _____

Email: _____

Registration Fee: _____ Check# _____

Signature Required: _____

REGISTER BY SEPTEMBER 3, 2022

Mail To:
A Place of Wholeness
PO Box 4053
Sheridan, WY 82801

____ FULL RETREAT REGISTRATION-\$260 (if not staying @ HF)

____-\$225 if staying one night at HF Bar

____-\$200 if staying two nights at HF

(Must contact HF Bar 307.684.2487 directly to make/pay for room reservations.

Mention this retreat for a reduced rate. Retreat registration separate from lodging)

FRIDAY 9/09

____ AFTERNOON CLASS (no dinner) - \$45

____ AFTERNOON CLASS, DINNER, MUSIC & TEA - \$75

SATURDAY 9/10

____ FULL DAY- \$120 (includes lunch, dinner, evening tea & music)

____ MORNING-\$65 (includes lunch)

____ AFTERNOON- \$65 (choose lunch OR dinner. Circle one)

____ SUNDAY 9/11 - \$65 (Includes lunch)

*Full Day includes lunch & dinner. Half day includes one meal.

*An Ann Van Trump Memorial Fund scholarship available for someone currently undergoing cancer treatment. Some partial scholarships available through A Place of Wholeness.

*Please contact Cindy Baker at citabaker777@gmail.com. *Carpooling Available.



19th Annual Wholeness Retreat

PO Box 4053

Sheridan, WY 82801

Sponsors:

The John and Helen Ilsley Family Foundation
Jody Bush in Memory of Tom Bush
Kendall Stewart Hartman
The Riggs Foundation in Memory of Lee Elliott

The Ann Van Trump Family
Judy Shamley in Memory of Leo One Year
Bob and Margo Brotherton
Anonymous Donor

19th Annual Wholeness Retreat
September 9-11, 2022
HF Bar Ranch, Saddlestring, Wyoming

Healing the Soul

Friday 9/09/22

2:00 – 2:45 PM	Registration	
3:00 – 5:00 PM	Marma Point Therapy, Pranic Healing, Guasha, Self Massage	Cindy & Amanda Baker
5:15 – 5:45 PM	Restorative Yoga/Yoga Nidra	Amanda
6:00	Dinner	Dining Pavilion
7:30 – 8:30 PM	Tea and Music Under the Stars	Austin Taylor

Saturday 9/10/22

9:00 – 9:45 AM	Yoga Stretch & Meditation	Amanda
9:45 – 12:15	Deepening Your Skills to Digest Life: Ayurveda Basics. Determining your constitution and how to maintain balance through nutrition, yoga and lifestyle adjustments for your specific dosha or current challenge. Building Your Ojas/ Strengthening Your Immune System	
12:30 PM	Lunch	Dining Pavilion
1:30 - 2:30 PM	Break; take a walk, a hike, sit on the porch a spell.	
2:30 – 4:00 PM	Color Me Chakra (or San Jiao): Visualizing, painting, coloring. Choose an emotion, body part, chakra, or? you want to strengthen or heal. Resiliency Collage: Create a collage. Draw, paint, bring items w/ you or gather things while on your walkabout at breaks. Things that represent what helps you stay centered, especially in the past 2 years. Amanda & Michael	
4 :00 – 5:00 PM	Restorative Yoga & Meditation	Cindy
5:15 – 5:45 PM	Qigong	Michael Patty
6:00 PM	Dinner	Dining Pavilion
7:30 – 8:30 PM	Tea & Music Under the Stars	Austin

Sunday 9/11/22

9:00 – 12:00 PM	Yoga Stretch	
	Shape Your Day According to Ayurveda. Shape Your Life. Meditation Practices, Marma, Mudras, Chanting Yoga Nidra Through the Chakras	
		Amanda & Cindy
12:30 PM	Lunch	Dining Pavilion

Be advised. Pop Up Ayurveda Jeopardy can happen anywhere!

Beth/Amanda