

## Meditation, Mindfulness & Contemplative Healing WELLNESS RETREAT

“This is the first, the wildest and the wisest thing I know:  
that the soul exists and is built entirely out of attentiveness.”

--- Mary Oliver

### REFRESH & RESET

APRIL 6-7, 2019

Experience Harmony Hill, overlooking Hood Canal and the Olympic mountains in Union, WA, 90 minutes from SeaTac airport.

### RETREAT RATES

\$350 double occupancy  
\$425 single occupancy  
\$250 commuter (no overnight)  
Includes one night accommodations and meals  
Add optional overnight lodging to extend your retreat

### COMPASSIONATE FACULTY

Chris Adams, MD  
Denise Carrico,  
Integral Yoga Teacher

### DEEPEN YOUR PRACTICE

As the seasons turn and spring brings new growth and freshness, please join Chris & Denise for a quiet overnight retreat to reset and refresh our own aliveness and our intentions to 'be here now'. Practices will include seated & walking meditation, yoga, silence & contemplation, poetry, writing & art and time for appreciating the springtime beauty of Nature. Through these practices, we will deepen our innate ability to be mindful, enhance moment-to-moment awareness, integrate lovingkindness & self-compassion and bring ourselves home to joy, wholeness & healing.

### SIGN UP NOW

Space is limited, please register early.  
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[www.harmonyhill.org/wellness/](http://www.harmonyhill.org/wellness/)