

# WOMEN'S MEDITATION RETREAT MAY 3-4 AND OCTOBER 4-6, 2019

WHAT  
HEART'S DESIRE?

IS YOUR DEEPEST



What will you do with your one wild and precious life?  
-Mary Oliver

What fills your heart with joy?  
What makes your heart sing?  
What is your life's purpose at this time?

Join us in exploring your heart's pure desires, nourishing joy and peace in body, mind and spirit with a group of beautiful sober women on a 350 acre farm - Claymont Court ([www.claymont.org](http://www.claymont.org)) near Harper's Ferry. Learn a variety of ways to meditate, breathe and live more mindfully in the present moment. Remember - "you can't meditate wrong.",

Ruth F and Joann M will lead you in guided meditations and thought/heart provoking questions for journaling, Qi Gong, deep relaxation, mindful walking and eating. Small and larger group sharing will waken your heart's needs and desires.

Register today with a \$75 (non-refundable) deposit by giving a check to Joann at meetings or using paypal at [quitpatrick@gmail.com](mailto:quitpatrick@gmail.com). Please also let me know the type of room you wish - dorms still at the low price of \$295 (for the whole retreat, meals, sheets, towels, everything) or doubles, triples, private and privates with private bath (only a couple and they sell immediately). Contact Joann at [joann.malone@gmail.com](mailto:joann.malone@gmail.com) with questions or to obtain mailing address.

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