

SPRING EQUINOX RETREAT

ONE DEEP BREATH

An Embodiment Retreat with Marta & Molly on the
Shores of Lake Tahoe.



Join us as we journey within to tap into the life force that emerges into action at the Spring Equinox each year. Gentle yoga practices will help clear internal stagnation, easing the body back into supple movement. Meditation will clear cobwebs from the corners of your inner knowing. Embodied experience will cradle your awareness into the majesty of your physical body. Weaving all parts ~ inner and outer ~ can open you to a deep understanding that your Inner Wisdom is what you have been looking for all your life. Welcome the possibilities that lie ahead ~ waiting to be nurtured into full manifestation as the Wheel of the Year spins toward the fire of expansion that Summer will bring.

Included with the investment in your wellbeing:

- ◆ 3 night's lodging at Camp Galilee on the breath-taking shores of Lake Tahoe
- ◆ Home-cooked, organic meals served family style that nurture the body and the spirit
 - Dinner Friday night, 3 meals on Saturday and Sunday, breakfast and lunch on Monday
- ◆ All instruction and classes with Marta and Molly
- ◆ A little bag of treasures to inspire your practice when you return home
- ◆ Time to frolic in Nature, honoring your connection with the Elemental Alchemy of the Natural World

\$750/person

A shared room in Frensdorff, Belmont, or Round Mountain. Max - 3 people per room, shared bathroom.

\$700/person

A shared room in all other lodges/houses. Up to 6 people per room, shared bathroom.

Spring.
The Element of Air.
New life.
Renewal. Unfurling.
Inevitable growth.
Inhalation. Inspiration.

- Breath -
Weaving life, entwining
outer with inner,
connecting and
changing.

A fresh start.
An attitude of
possibility.
A new way of seeing.
A new way of Being.



March 22-25



Camp Galilee

Please register by
Feb. 29 ~ Leap Year!

**Register
Now**

Upon registration, you will receive a
detailed email with all pertinent info.

✉ dahlingmolly@gmail.com

✉ breathbodywork@yahoo.com



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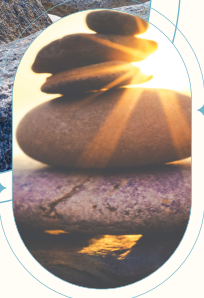
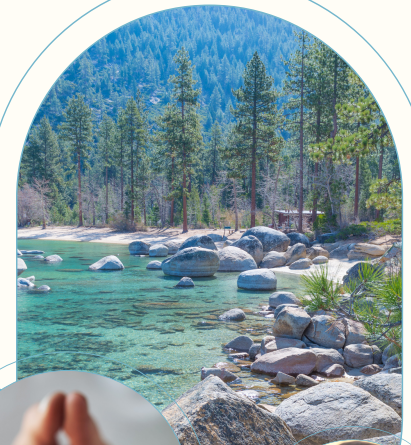
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A new way of Being.



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As past retreatants, you have first dibs on booking your space. A \$150 non-refundable deposit will save your spot.



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