



Fall Equinox Mandala and Yoga Retreat

with artist Gina Fong Seidler
&
ERYTs Lauren Davis & Jodi
Ryba



Ocean Front, North Litchfield Beach, SC **September 22-25, 2017**

Mandalas have been used in many cultures for centuries as a tool to create sacred spaces in one's internal and external environments. Create these sacred spaces and honor the equinox with us during this retreat. Come and nourish your body, mind and soul with a weekend of yoga, meditation, sacred painting and community. Connect with yourself and others and enjoy a mini vacation in this beautiful surrounding.

During this retreat, Gina will guide you through mandala painting and the fundamentals of creating your own sacred works of art. This will include a Red Thread Circle ritual of connection, with guided visualizations to assist in allowing the painting to come through the heart center. And Lauren and Jodi will lead you through several yoga classes including: energizing, relaxing, restoring, realigning and heart opening practices.

The equinox is a time of balance, with equal hours of day and night, light and dark. It's a perfect time to let go of the past and set positive intentions for the new fall season. Come join us and open yourself up to new possibilities and creations. All levels are welcome. No artistic or yoga experience necessary.

Please visit paintmandalas.com for info about Gina and islandwaveyoga.com for more about Lauren & Jodi.

Weekend Highlights:

Oceanfront setting on serene beach

Experienced & caring guides/teachers

2 mandala painting days

Red Thread Circle

8 yoga classes

Morning & evening meditations

3 nights accommodation (linens and towels provided, shared or private room)

8 nourishing meals (yummy snacks provided as well)

Opening and closing circles

Massage or Reiki sessions may be booked during your free time for additional cost

Cost: Entire Weekend with Private Room \$700

Entire Weekend with Shared Room - One Person per Bed

2 twin beds \$600pp

2 queen beds \$630pp

Entire Weekend without Accommodations \$400pp

One Day Option- All practices, No Accommodations \$150

Two Day Option- All practices, No Accommodations \$300

More details such as address and times given upon registration

Call (925) 683-5623 for more information or to register