

Enjoy deep revitalization, nourishing camaraderie, inner growth!

2017 Meditation Retreats!

July 28-30 (+ option to end July 31) & Oct. 27-29 (+ option to end Oct. 30)

with Sonia Gunderson & John Begg

We're delighted to announce that we will again offer two meditation retreats this year at Villa Maria Education & Spirituality Center in Villa Maria, PA, just across the state line from Youngstown, OH -- 1 hour from Pittsburgh and less than 3 hours from Toledo!

The consensus in 2016 was that you LOVED Villa Maria, which has a beautiful campus that includes a lake, trails and a labyrinth. We'll again stay at Potier Center, a modern guest facility (with elevator!) that has air-conditioned private bedrooms, each with a private bath. And we'll enjoy private dining and meeting facilities.

Through a specially designed program that includes deep rest, a special meditation routine, gentle yoga stretches, walks to explore the natural beauty around us, and nourishing food--our focus during the retreat will be on deep rest, inner transformation and accelerating the growth of enlightenment. AND having fun!

Course Times: Registration for both retreats is 4-6 p.m. on Friday. Dinner is at 6, and our first session is at 7:30 p.m. The retreat ends after lunch on Sunday or Monday, depending on whether you're staying 3 or 4 days. To gain maximum benefits, plan to stay for your entire retreat, then take it easy on the day you leave.

Course Fee for each option (three/four days, includes tuition, room and board): **Early Bird Special** is \$385 3-day/565 4-day per person **if full payment is received by June 15** for the July retreat, **Sept. 22** for the October retreat; \$425 3-day/595 4-day per person if postmarked after the Early Bird deadline.

A \$50 deposit is required to hold your space. Because space is limited, please register early to insure you spot. In previous years, all spaces were filled a month or more prior to the retreat.

To Register: Send your application and course fee to the address below. **Registration deadline is July 7 for the 1st retreat, Oct. 8 for the 2nd retreat.** If you wish to apply after that date, call Sonia to see if spaces are still available. Upon your acceptance to the course, you'll receive further details and directions to Villa Maria.

Refund Policy: The course fee (minus \$50 deposit) is refundable until the Early Bird deadline (June 15 or Sept. 22). A 75% refund is available up until the registration deadline (July 7 or Oct. 8). After that date, a 50% refund is contingent on someone else taking the reservation.

Questions? Call 419-944-3000 (cell) or email sonia@innersourcesolutionsllc.com

Retreat Application

Please send this application and mail with your check payable to "Inner Source Solutions" to: **Sonia Gunderson, P.O. Box 276, Fairfield, IA 52556. Important: email Sonia to let her know you've sent your registration to Iowa. To qualify for the lower fee, full payment must be received by 6/15 or 9/22.**

Name _____ Age _____ Email _____
Street Address _____ State _____ Zip Code _____
Phone Numbers: Home _____ Cell _____ Work _____
Meditation Instruction: Date _____ Location _____ Instructor _____
Is this your first meditation retreat? _____ If no, list previous retreats (continue on back) _____
Retreat dates (July or October) _____ Can give a ride _____ Need a ride _____
Current state of health _____ Emergency contact: _____
Special needs _____

Signature

Date

Amount Encl.

Balance Due