

## Nourish Your BODY, MIND & SOUL at Lake Tahoe

### Galilee Episcopal Camp and Retreat Center

Friday dinner, **March 29** through Sunday brunch, **March 31, 2019**

This retreat, in its fifth year, is an opportunity for men and women (individuals and couples) to take time away from their busy lives for inner reflection and de-stressing. Participants will practice tools to live healthy, spiritually fit lifestyles. This year we will continue to explore meditative practices



from different traditions, including movement through yoga and the Chinese gentle exercise of Quigong, relaxing our minds through guided meditation, music, and art. In addition, we will explore the vital role nutrition plays, not only for our physical health, but emotionally and spiritually as well. Come to Galilee and experience God in this special place. Optional massages will also be available for those interested for an extra fee.

Cost for the weekend, which includes delicious meals provided by the Galilee staff and all program, is \$210 for Frensdorff Lodge, \$190 for cabins, and \$180 for

dorms. The cost for day use is \$100, which includes all meals and programs. To register, visit the Galilee website at [www.galileetahoe.org](http://www.galileetahoe.org) or mail in the attached registration slip. Transportation to and from the Reno airport can be arranged. For information about Galilee Episcopal Camp and Retreat Center, please refer to the web site [www.galileetahoe.org](http://www.galileetahoe.org) or call 775 749-5546. We hope you join us!

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### Galilee Body, Mind & Soul Retreat March 29-31, 2019

Please send this form with \$50 per person non-refundable deposit to:

Galilee, P.O. Box 236, Glenbrook, NV 89413 Phone: (775) 749-5546 Email: [info@galileetahoe.org](mailto:info@galileetahoe.org)

Name \_\_\_\_\_ Phone \_\_\_\_\_

Email \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Parish (If any) \_\_\_\_\_

Sleeping Accommodations Requested \_\_\_\_\_

Special dietary needs \_\_\_\_\_