

GALILEE'S BODY, MIND & SOUL RETREAT

April 12-14, 2024
Lake Tahoe

The Harmony Within: Exploring the Connections of our Body, Mind & Soul

Galilee's annual retreat invites you to spend a weekend reconnecting with yourself and engaging in activities that support a healthy and spiritually fit lifestyle, while experiencing Beloved community.

Our guided activities will include:

Walking meditation, art expression, sound bath, energy healing, wellness through nutrition and movement, breathwork, rhythm and drumming, yoga, pranayama, experiencing beloved community, and closing circle ceremony.

Our guest teachers sharing their wisdom and craft are:

Erika Olivas-Walker, Holistic Health and Wellness Practitioner

Dr. Allison Slade, Health Educator

Danielle Tervo-Shiffman, Resident Life Director, Covenant Living

Liz Broscoe aka Drumchik, Drummer & Educator

Monica Campbell, LMFT

Mary Lou Anderson, Healing Woman, Owner of Spirit & Serve

Johnnie Bobb, Chief of Council of the Western Shoshone Nation

Kim Franchi, Galilee Volunteer and Expressive Arts lover

Chelsey Ayers, Associate Director, Camp Galilee

The weekend cost includes shared lodging, healthy meals and all program activities.

Cost per person is \$315 in Derby Talbot Lodge; \$295 in Frensdorff Lodge; \$275 for Lewis or Delamar Cabin; \$240 for Aurora or Tuscarora Dorm; and Commuter Rate for \$160. \$75 deposit/person required.

Register online at galileetahoe.org, or clip and mail the form below.

Galilee's BODY, MIND & SOUL Retreat, April 12-14, 2024

To reserve your space, select number of guests and please include payment. \$75 deposit/person required.

Derby Talbot Lodge for ___ Adult/s \$315, **Frensdorff Lodge** for ___ Adult/s \$295, **Lewis or Delamar Cabin** for ___ Adult/s \$275, **Aurora or Tuscarora Dorm** for ___ Adult/s \$240, **Commuter Rate** for ___ Adult/s \$160. **Roommate request** _____

Name: _____ Email: _____

Address: _____ Phone: _____

City, State, Zip: _____ Dietary restrictions, if any: _____