

Overview

Nourish your spirit, relax your mind and body, as you rest into the stillness and peace of your being.

You are invited to retreat at beautiful Lake Tahoe, with a focus on returning to the stillness and peace of your own true nature. This retreat will inspire deep heart opening, will support you in resting from the mind's endless activity, and will invite you to discover more deeply your true nature as love, peace and well being.

There will be beautiful and deeply conscious music woven throughout the retreat, chanting, meditation, self-reflection practices, body movement, dharma discussions, a concert, lots of time in nature, and free time to enjoy the magnificent natural beauty that Lake Tahoe offers.

The retreat is facilitated by presenter/performing artist and minister Rev. Kathy Zavada. She will skillfully lead participants into:

*Truthful and Heartfelt Communication Practices
Meditation in Motion - Mindfulness Practices
Heart-centered Chanting & Uplifting Music
Deep Silent & Guided Group Meditations
Communion & Reflecting in Nature
Deepening Spiritual Practices
The practice of Yoga
Dharma Discussions*