

Registration Form

Your Name _____ Address _____

City _____ State _____ Zip _____

Phone _____ Email Address _____

How did you hear about this retreat? _____

Age Health Issues: Mental/Physical/Emotional _____

Medications that you are taking? _____

Retreat Fee, Registration & Payment Options

Retreat Fee: before May 4th the early bird rate is \$345 and the regular fee is \$395 after May 4th.

Fill out this form and mail it to :

Kathy Zavada, 153 Granite St. Apt 5, Ashland, OR 97520

Or use the digital form from unityatthelake.org, download the pdf form, fill it out, save and email the pdf to unity.southlaketahoe@gmail.com

Payment Options

- Include a check with this form and mail it in.
- Pay online - go to the unityatthelake.org Paypal button.
Choose June Retreat 2023 option on Paypal page



Meditation, Music & Mindfulness



Lake Tahoe Retreat

with

Rev. Kathy Zavada

June 1st through 3rd, 2023

Retreat sessions will be held at Unity at The Lake
870 Emerald Bay Rd. , South Lake Tahoe, CA.

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*

Housing & Meals

Housing has been reserved at Azure hotel, which has many lake-view rooms. Please register for the retreat and then contact Hotel Azure Tahoe directly to select from a variety of housing arrangements (housing is not included in retreat tuition). UNITY is the promo code which gives a 15% discount off the best rate.

(800) 877-1466 • 3300 Lake Tahoe Blvd., South Lake Tahoe, CA. • hotelazuretahoe.com

Meals will be provided through catering. We will send more information closer to the date of retreat with menu options, special food needs, and pricing for catering. Food will be served in the Unity at the Lake Dining hall.

Retreat Fee

The retreat fee before May 4th is \$345 and is \$395 after May 4th. This fee does not include housing or meals.

Confirmation

After registering, you'll receive an email confirming your registration with more details. Retreat begins after dinner on Thursday and ends Saturday evening around 8 p.m.

Cancellation Policy

Due to limited space and because we expect to sellout, if you cancel your reservation more than 21 days in advance of the date of the retreat, your registration fee will be refunded less a \$150 cancellation fee to cover administrative costs. If you cancel fewer than 21 days from the retreat date, the full fee is non-refundable.