

Moving Forward Together

Retreat Center of Maryland News

Vol. 2, No. 1 · June 2018

Thanks for expressing interest in Retreat Center of Maryland (RCM). Whether you got in touch with us months ago or only recently signed up for our updates, we appreciate your support and look forward to working together!

Top 10 ways you can help right now

1. Sign up for one or more of our upcoming events. See the list on the next page, and check our website under the Events tab. www.retreatcenterofmaryland.org/events
2. Publicize all of our events to your family and friends by word of mouth and social media.
3. Make all of your Amazon purchases using the Amazon Smile program. Through this program, Amazon donates 0.5% of eligible purchases to your favorite charitable organization. All you have to do is specify which one. Use this link – <https://smile.amazon.com/ch/81-3123233> – to designate Retreat Center of Maryland as your organization. It's that simple! (You use the same account on Amazon.com and AmazonSmile. Your shopping cart, Wish List, registry, and other account settings are the same. For more info about the Smile program, visit the Amazon FAQ page.)
4. Visit our website to read and comment on our blog: www.retreatcenterofmaryland.org/blog. Do you have a topic for a blog post? Let us know: info@retreatcenterofmaryland.org.
5. Like us on Facebook: www.facebook.com/retreatcenterofmaryland.
6. Make a tax-deductible donation to RCM. Our temporary mailing address: Retreat Center of Maryland, c/o Yoga Center of Columbia, 8950 Route 108, Suite 109, Columbia, MD 21045.
7. Tell us about attractive, reasonably priced venues where we can hold workshops, training, and daylong retreats while we work toward our long-term goal of developing a sustainable retreat center. Keep your ears open for space/land that someone may want to donate.
8. Consider designating Retreat Center of Maryland with your next contribution to the United Way. Just write in our name: **Retreat Center of Maryland**, and our temporary mailing address: **8950 State Route 108, Suite 109, Columbia, MD 21045**.
9. Let us know if your organization would like to have one of our board members speak about the vision and mission of RCM.
10. Do any of the above a second time!

Retreat Center of Maryland

A Maryland 501(c)(3) agency working to create a sustainable community retreat center
c/o The Yoga Center of Columbia, 8950 State Route 108, Suite 109, Columbia, MD 21045-2146 Phone 410.720.4340
retreatcenterofmaryland.org facebook.com/retreatcenterofmaryland info@retreatcenterofmaryland.org

We have a lot going on. Join us!

Unless otherwise noted, detailed information and online registration for these events is available now on the RCM Events page: www.retreatcenterofmaryland.org/events.html

- **Yoga in the Park**, Sunday, July 8, 8-10 a.m., Centennial Park, Ellicott City, Md. Join Kathy Donnelly and Heather Thamer for an outdoor yoga and meditation practice appropriate for all levels. Cost: \$20.
- **Replenish the Well: A Day of Yoga and Meditation**, Sunday, July 8, 9 a.m.- 4 p.m., Blueberry Gardens Healing Center, Ashton, Md. Complimentary for current, former, and pending volunteers of Prison Yoga Project and Prison Mindfulness Community, with Kath Meadows and Tim McCormack.
- **Yoga and Kayaking**, Sunday, Sept. 30, 10 a.m.-2:30 p.m., Piney Run Park, Sykesville, Md., with Kathy Donnelly. Cost: \$65
- **Introduction to Yoga for Health Professionals**, Friday, Sept. 14, Blueberry Gardens Healing Center, Ashton, Md. Especially for OTs, allied health, and mental health professionals, nurses, and other licensed health professionals who wish to incorporate trauma-sensitive yoga techniques into their professional practices to maximize healing from combat stress, PTSD, anxiety, and related disorders. With Jeffrey Sargent and Lucy Lomax. Cost: \$97.
- **Sensory Enhanced Yoga Weekend Workshop**, Saturday - Sunday, Sept. 15-16, Blueberry Gardens Healing Center, Ashton, Md., with Jeffrey Sargent and Lucy Lomax. Cost: \$435.
- **Teaching Trauma-Sensitive Yoga**, Saturday, Oct. 27, 10 a.m.-4 p.m., Blueberry Gardens Healing Center, Ashton, Md., with Lucy Lomax and Kelly Fisher. Registration coming soon.
- **Ayurveda, Yoga and Nature Retreat**, Nov. 2-4, Zigbone Farm, Thurmont, Md. Details to come.
- **Yoga or Reiki and Reflexology**, a complimentary monthly event offered for the staff of Hope Works, with Linda Stevens and Nancy Kochuk.

Thank you to our RCM board members

Huge thanks go to former board members who served so capably and enthusiastically over the past couple of years: Tracy Devine, Bita Jenkins, Cyndee Kalodner, Jen Mayotte, Erika Simon, and Linda Stevens. And thanks, too, to our dear departed friend Carol Gralia.

We are delighted to welcome four new board members: Linda Botek, Wynne Hayes, Linda Lovell, and Mimi Mierzwa.

Our heartfelt appreciation also goes to two extraordinary women who are leading the charge to create Retreat Center of Maryland - past president Kathy Donnelly and incoming president Betsy Mayotte. They will be working closely with new and continuing board members: Kelly Fisher, Kim Flyr, Nancy Kochuk, Lucy Lomax, Elizabeth Mann (vice president), and Chris McCloskey (secretary).

Our vision includes a sustainable community retreat center, service-based learning, a deep commitment to yogic principles and healing modalities while living in harmony with the environment and all sentient beings. Our intention is to create a welcoming place to offer workshops and retreats that are local and affordable.