



# Retreat Center of Maryland

## Be Still and Know:

### *A Quiet Day of Yoga, Meditation and Creative Reflection*

Sunday, April 8, 2018 · 9:30 a.m. - 3:30 p.m.

Blueberry Gardens Retreat Center · 237 Ashton Rd. · Ashton, MD 20861

Cost: \$75 For more info: 410.720.4340

*We will be more successful in all our endeavors if we can let go of the habit of running all the time, and take little pauses to relax and re-center ourselves. And we'll also have a lot more joy in living.*

*~Thich Nhat Hanh*

Join Kathy and Abbie as we guide you through practices in a quiet setting with the intention to stop and listen to the inner whispers of the heart. This day will include guided meditations, gentle and restorative yoga to calm the nervous system and enter the heart, plus a guided creative exercise using art supplies. Please pack a lunch for yourself, and we will provide snacks and fruit. We will share lunch time as a community in silence.



**Kathy Donnelly, E-RYT 500**, is the director and owner of the Yoga Center of Columbia and has been teaching since 1999. Kathy's teaching style is welcoming and nurturing, encouraging transformation from the inside out.



**Abbie Chessler** is an artist, designer and long-time mindfulness practitioner. Abbie spends as much time as possible painting in her studio in the mountains of West Virginia, inspired by the stillness, the light and the land. She has had several one-person shows and creates work on commission. In 2013 Abbie was ordained into the Order of Interbeing by Thich Nhat Hahn. She finds great joy in supporting others on their path of discovery, healing and compassion through mindfulness. Abbie sits regularly with the Still Water Mindfulness Practice Community and organizes and leads days of practice and classes.



**TWO REGISTRATION OPTIONS:** 1) Register and pay online at [retreatcenterofmaryland.org](http://retreatcenterofmaryland.org). 2) Complete this form and return with payment to Retreat Center of Maryland, c/o The Yoga Center of Columbia, 8950 State Route 108, Suite 109, Columbia, MD 21045-2146.

Name \_\_\_\_\_ Check here  if this is a new address.

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

Day Phone \_\_\_\_\_ Night Phone \_\_\_\_\_

E-mail \_\_\_\_\_

Please enroll me for **Be Still and Know: A Quiet Day**.  
Sunday, April 8, 2018 · 9:30 a.m. - 3:30 p.m.

I have included a check for \$75 payable  
to Retreat Center of Maryland.