



Retreat Center of Maryland

Replenish the Well: A Day of Yoga and Meditation Practice

Free to current, former and pending volunteers with
Prison Yoga Project and Free Where You Are Prison Mindfulness Community

Sunday, July 8, 2018 · 9 a.m. - 4 p.m.

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

For more info: Tim McCormack, tfmccormack@yahoo.com, and Kath Meadows, prisonyogalady@gmail.com

Each person should try hard to reserve one day out of the week to devote entirely to their practice of mindfulness. Every worker in a peace or service community, no matter how urgent its work, has the right to such a day, for without it we will lose ourselves quickly in a life full of worry and action, and our responses will become increasingly useless. (Thich Naht Hanh)

In gratitude for all you have given, we offer you a time to rejuvenate and restore; a day filled with yoga, contemplation and the companionship of those who share your interests. At times prison work can feel overwhelming or disheartening. This day of sharing and receiving will allow you to replenish your spirit and connect with others on the same path. Each participant will have the opportunity for personal reflection and group conversation.

Presented by Retreat Center of Maryland



Kath Meadows, MA, E-RYT500 is director of Women Prisoner Initiatives and Trauma Informed Yoga Training Leader with Prison Yoga Project. She is the author of *A Woman's Practice: Healing from the Heart*, and a contributing editor to *Best Practices for Yoga in the Criminal Justice System*, a Yoga Service Council publication.



Tim McCormack is a founding member of the Free Where You Are Prison Mindfulness Community, a community of men and women incarcerated in Maryland prisons and outside volunteers who share weekly mindfulness meditation gatherings in prisons in the state.

TWO REGISTRATION OPTIONS: 1) Register online at retreatcenterofmaryland.org/events.html. 2) Complete this form and return to Retreat Center of Maryland, c/o The Yoga Center of Columbia, 8950 State Route 108, Suite 109, Columbia, MD 21045.

Name _____ Check here if this is a new address.

Address _____ City _____ State _____ ZIP _____

Day Phone _____ Night Phone _____

E-mail _____

- Please enroll me for the **full day** of *Replenish the Well*. July 8, 2018 · 9 a.m. - 4 p.m.
- Please enroll me for the **morning** only of *Replenish the Well* · 9 a.m. - 12 n. } I am registering for half a day.
- Please enroll me for the **afternoon** only of *Replenish the Well* · 1 p.m. - 4 p.m. } I will will not attend lunch.