



Open Heart, Peaceful Mind

A Yoga Retreat for Rest and Reflection

with **Valerie Brown**
(Inder Kaur)

LEAVEN
P.O. Box 97
Lyons, MI 48851



Open Heart, Peaceful Mind: A Retreat for Rest and Reflection

March 26-28, 2010



Checks should be made to Leaven and mailed with this form to: Leaven, P.O. Box 97, Lyons, MI 48851

For additional information, see the website at <http://www.leaven.org>, e-mail leavencenter@leaven.org, or call us at 989/855-2606.

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Telephone: (home) _____ (work) _____ (e-mail) _____

Roommate Requested: _____

Amount of deposit enclosed: \$ _____ (Deposit will be refunded only if you notify us at least 14 days in advance of the event. For Canadian checks, indicate "U.S. FUNDS.")

 Will you need a barrier free room? _____ Do you have dietary restrictions? _____

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Open Heart, Peaceful Mind:

A Yoga Retreat for Rest and Reflection

Relax into the nourishing, healing setting of this retreat and consider the gifts of the new year. Sustained periods of silence and mindfulness meditation will quiet the mind. Prayer and reflection will open the heart, and small group discussions will build community. Gentle Kundalini yoga will help us develop mindfulness of the body and support our healing. There will be opportunities to journal, explore your creativity, share laughter, and rest deeply. Through these experiences, we will reclaim our true spirit, restore balance in our lives, and nurture awareness of the many gifts of the present moment. You will take home new tools to create peace and happiness in your everyday life.

This event is gender inclusive.

Leader: Valerie Brown

Time: Friday, 7:00 p.m.-Sunday, 1:00 p.m.

Cost: \$190 (\$75 deposit + \$115 balance due) Partial scholarships are available.

Participants will stay at the Leaven Center Lodge and Guest House. The ground floor of both facilities is barrier-free. The 25-acre property has meditative paths that wind through meadows and alongside the Grand River. There is a spring-fed stream, a pond, and 1,000 feet of river frontage.

The Leaven Center in Lyons, Michigan, is administered by Leaven, a non-profit organization committed to nurturing the relationship between spirituality and social justice. The Leaven Center welcomes people of all races, ethnicities, abilities, sexual orientations, and faith traditions.

For additional information about the Leaven Center, see www.leaven.org, e-mail us at leavencenter@leaven.org, or call us at 989/855-2606.



The Leaven Center Lodge



Valerie Brown is a nationally trained facilitator and retreat leader. Ordained in 2003 by Zen Master Thich Nhat Hanh as a lay member of the Tiep Hien Order; and a founding member of Old Path Sangha, a Buddhist community in New Hope, Pennsylvania; Valerie studied with Parker J. Palmer at the Center for Courage and Renewal and the University of Massachusetts Center for Mindfulness. She received graduate level training in holistic spirituality from Chestnut Hill College. Valerie is a certified Kundalini yoga teacher, a frequent retreat leader throughout the U.S., and author of *The Mindful Quaker: A Brief Introduction to Buddhism for Friends*. As a former farmhand, certified biodynamic gardener and Master Gardener, her work is informed by a deep love of nature. As an attorney, mediator and registered lobbyist representing New Jersey's lowest-income people, Valerie's life reflects a confluence of contemplation and action.

For more information about this event, you may call us at The Leaven Center, 989/855-2606, write us at Leaven, P.O. Box 97, Lyons, MI 48851 or e-mail us at leavencenter@leaven.org. The Leaven Center is in Lyons, Michigan, midway between Lansing and Grand Rapids.