



## RETREAT SCHEDULE

### FRIDAY:

- Light meal
- Welcome Session with Rev. Rob B and Hilary
- Awakening Overview with Rev. James De Biasio
  - *Self Assessment, Conscious Sharing*
- Kirtan (chanting) performance by Lumina & Helixx

### SATURDAY

- Continental Breakfast
- Meditation with Movement
  - *Movement as a Pathway*
- Energy Honing Session & Exercises
  - *Energy Transfers*
  - *Healing Touch*
  - *Crystal healing*
- Intuition Honing Exercises
  - *Partner readings*
  - *Group Message Circle*
- Chakra Awakening
  - *Working with*
  - *Understanding*
  - *Clearing*
- Mindfulness & Listening Skills
- Community Art Project
- Family Dinner and Discussion
- Drum Circle with Roy Brown Eagle

### SUNDAY

- Continental Breakfast
- Meditation & Movement
- All Inclusive Sunday Participatory Service.
- Gong Bath and Meditation by Rosemary Peters

**DON'T MISS OUT! SIGN UP NOW**



The Institute for  
Spiritual Development  
Washington, D.C.

*presents*

Spring Awakening:  
The ISD-DC Annual Retreat



May 18, 19, & 20, 2018

5419 Sherier Place NW  
Washington, DC 20016

## ARE YOU AWAKE?

Listen! Can you hear it? The alarm you set is blaring! It's time to live your best life! And don't even think about hitting that snooze button. You don't want to go through another day sleepwalking through your possibilities. So..

WAKE UP! ITS TIME TO LIVE!

ISD-DC presents Spring Awakening, our first ever "in-house" retreat, designed to yank those covers off your comfort zone, and push you out the door to YOUR BEST LIFE!

**AWAKEN YOUR MIND** with conversation and brain-stimulating exercises to shape your listening and hone your mindfulness.

**AWAKEN YOUR BODY** with movement & dance, singing, chanting and eating!

**AWAKEN YOUR SPIRIT** with meditation, intuitive readings, energy work, communal drumming and sharing.

Sound uncomfortable? GOOD! We're here for you. So get up from your nap, get out of your comfort zone and get into your BEST LIFE!

## RETREAT COST

The Spring Awakening Retreat is  
\$150

Included in this price is:

- Kirtan (mantra chanting) concert with Lumina & Helixx
- Drum Circle led by Roy Brown Eagle
- Gong Bath & Meditation with Rosemary Peters
- Dinner Friday & Saturday
- Continental Breakfast Saturday & Sunday
- Art supplies for collaborative art project
- Discussions, Healing Circle, Energy exercises



## REGISTRATION FORM

Sign up by May 11th

Please complete registration form for each participant.

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Telephone: (\_\_\_\_) \_\_\_\_\_

Email: \_\_\_\_\_

My payment method is:

Cash  Check  Charge

PAYPAL (Preferred method)

In the Amount of: \$ 150.00

Card #: \_\_\_\_\_

Expiration date: \_\_\_\_\_ CW: \_\_\_\_\_

Signature: \_\_\_\_\_

Return completed registration form (one for each participant) and payment to:

Spring Retreat 2018  
5419 Sherier Pl.  
NW Washington, DC 20016  
Call (202) 363-7106 with questions

or

email: [retreat@isd-dc.org](mailto:retreat@isd-dc.org)