

# Spiritual Retreat for Women



**Rejuvenate! Restore! Reinvigorate!**

Avail this opportunity of a Half-day Spiritual Retreat! Treat yourself to finding your Self!

**When: Saturday, January 23<sup>rd</sup>, 2010**

**Where: Faircrest Community Clubhouse**

5401 Calamint Circle, Centreville, VA - 20120

**Time: 8:00 am to 12:00**

**Participation Donation: \$51**

Tax deductible check payable to 'CMWRC'. All proceeds donated to Chinmaya Mission

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## Program

### **Guided Meditation**

**By: Acharya Vilasini - Spiritual Teacher, Chinmaya Mission**

Experience the Power of Silence that takes one to the essence of Spirit. Enjoy the process of unlocking mind clutter to feel revitalized & refreshed for maximizing on potentialities!

### **Mindful Breathing**

**By: Monu Harnal - Certified Yoga Teacher, Illume Yoga Center**

Experience the Art of Healing through Breath. Learn how to nourish a deep body-mind-soul connection with proper breathing techniques for mind cleansing!

### **Stress Distress?**

**A Spiritual Approach to De-Stressing - Discourse by Vilasiniji**

Gather some insightful Stress Buster tips on living a wholesome balanced life with a Spiritual approach to discovering the missing ingredients!

RSVP :- Sheela Rao - [sheelarao\\_va@yahoo.com](mailto:sheelarao_va@yahoo.com) (703) 309-2863