

# 3<sup>RD</sup> ANNUAL FAA MINDFULNESS RETREAT

## JULY 20-22, 2018

Friday July 20th (check-in begins at 2pm)

Check out Sunday July 22nd 10am

Held at a welcoming environment of peace and beauty ~The Stella Niagara Center of Renewal, Lewiston New York, near Niagara Falls. On the grounds are a labyrinth, pool, walking trails and many quiet reflective spots.

\*\*\*\*Beginners welcome\*\*\*\* Food included\*\*\*\*

Room, food, linens, towels included cost \$165.00

For more information and to register

Contact Nancy F. 585-217-3479

[nlindberg@ymail.com](mailto:nlindberg@ymail.com)

\$135 (single room, no bath) if postmarked by Feb 2<sup>nd</sup> 2108

or

\$165 (single no bath) due by July 5<sup>th</sup> 2018 \$15 extra for bath- only a few available. Please check for availability before sending check

DO NOT REGISTER through retreat center

# **Meditation and Renewal FAA Retreat**

July 20-22 2018

**Stella Niagara Center for Renewal-**

**4421 Lower River Road, Lewiston, NY 14144**

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

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

\_\_\_\_\_

Contact information \_\_\_\_\_

Email address (optional) \_\_\_\_\_

Emergency Contact person information \_\_\_\_\_

-----

**Event includes:**

**Friday and Saturday overnight.**

Meals

**Friday** Supper and MA

**Saturday** Breakfast, Lunch, Supper, MA

**Sunday** Breakfast

**Make Checks payable to Nancy Faery**

Submit check in US dollars to:

**Nancy Faery 119 Roosevelt Drive, Lockport NY 14094**

**Food restrictions:**

Do you eat:    Soy            Y        N

                 Dairy        Y        N

                 Shellfish    Y        N

                 Eggs            Y        N

Are you a vegetarian            Y        N

Are you vegan                    Y        N

Other information regarding food \_\_\_\_\_

---

---

---

---

Any Physical limitations: \_\_\_\_\_

---

For more information Contact

Nancy 585-217-3479 [nlindberg@ymail.com](mailto:nlindberg@ymail.com)

- **Things you may want to include when packing for the Meditation and Renewal Retreat July 7-9 2017**
- Swim suit~ We have a 1 hour slot for swimming in an indoor pool
- FAA books
- Journal or sketch pad
- Walking shoes
- Insect repellent
- Yoga mat~A time for Yoga stretching will be offered
- Meditation cushion (if you currently use one bring it, but not necessary for retreat)
- Passport or enhanced driver's license if you plan to cross the Canadian/American border
- **Let's go Green by bringing:** reusable water bottle, mug, plate, bowl and silverware.