

# MEDITATION RETREAT

IN THE GORGEOUS GEORGIA MOUNTAINS AT HEARTWOOD RETREAT HOUSE  
JUNE 10-12, 2022

SURROUNDED BY NATURE'S BEAUTY, LOVELY ACCOMMODATIONS  
AND AMAZING CUISINE, LEARN THE PEACEFUL PRACTICE OF MEDITATION  
AMONG AN INTIMATE GROUP OF INDIVIDUALS WHO ARE ALSO SEEKING  
THIS LIFE-CHANGING SKILL WITH BENEFITS THAT WILL LAST A LIFETIME.



THIS RETREAT ALSO OFFERS YOGA, MASSES AND WALKING MEDITATIONS ALONG AMAZING  
HIKING TRAILS WITH VIEWS OF THE LAKE. INSTRUCTION WILL FOCUS ON NOT ONLY LEARNING  
MANY METHODS OF MEDITATION, BUT ALSO HOW TO MAKE THE PRACTICE HABITUAL ALLOWING  
MEDITATION TO CHANGE YOUR LIFE DRASTICALLY, QUICKLY AND FOREVER.



MEDITATION  
WITH CHERI

Cheri Augustine Flake, LCSW



YOGA  
WITH CINDY

Cindy Dollar



PERSONAL  
CHEF SERVICES

Heartwood Retreat House Staff

TO LEARN MORE, INCLUDING COVID-19 PROTOCOLS,  
AND TO REGISTER FOR THIS RETREAT, PLEASE VISIT:

[WWW.THESTRESSTHERAPIST.COM/RETREATS](http://WWW.THESTRESSTHERAPIST.COM/RETREATS)