

# Lake Tahoe Mindfulness, Movement & Meditation Retreat *with Denise Barclay* February 23-25, 2018

*A retreat with sound and silence, movement and stillness,  
introspection and self-expression at beautiful Camp Galilee!*

On this retreat we will practice the four foundations of mindfulness through gentle yoga and QiGong practices, walking and sitting meditations, and immersion into sound. The practice of mindfulness will be woven into other activities like art and conscious movement while relaxing in the beauty of Lake Tahoe and savoring the nutritious and delicious meals offered at Camp Galilee. All levels of Yoga/Meditation practitioners are welcome.

To register or for questions contact:  
SusanJ@DharmaZephyr.org



**\$200**

**The cost of this retreat covers room and board only.**

You will have an opportunity to express gratitude and generosity to the teacher for her offering of wellness when the retreat ends.

*Space is limited so reserve yours right away!*



For more information visit  
[Dharmazephyr.org](http://Dharmazephyr.org) or  
[denise@denisebarclayyoga.com](mailto:denise@denisebarclayyoga.com)