

Nourish Your BODY, MIND & SOUL at Lake Tahoe

Galilee Episcopal Camp and Retreat Center

Friday dinner, **March 16** through Sunday brunch, **March 18, 2018**

This retreat is an opportunity for men and women (individuals and couples) to take time away from their busy lives for inner reflection and de-stressing. Participants will practice tools to live healthy, spiritually fit lifestyles. This year we will continue to explore meditative practices from different traditions, including movement through yoga and the Chinese gentle exercise of Quigong, relaxing our minds through guided meditation and sketching, and learning about Native American spirituality. The highlight of the weekend will be a Sanskrit chanting workshop led by the Reno music duo Shanti Shanti. Come to Galilee and experience God in this special place. Optional massages will also be available for those interested for an extra fee.



This year's Body, Mind & Soul Retreat features a Sanskrit workshop led by the sister musical duo Shanti Shanti, a Reno musical group who chants authentic Sanskrit and Latin in awe-inspiring arrangements. Their amazing voices, singer-songwriter style and their renowned Sanskrit chanting creates an otherworldly musical experience. Shanti Shanti has performed all over the US, Canada and the U.K. They have been guests on Coast to Coast, The Tonight Show, appeared on numerous TV programs, radio shows and articles.

Cost for the weekend, which includes delicious meals provided by the Galilee staff and all program, is \$198 for Frensdorff Lodge, \$178 for cabins, and \$168 for dorms. The cost for day use is \$92, which includes all meals and programs. To register, visit the Galilee website at www.galileetahoe.org or mail in the attached registration slip. Transportation to and from the Reno airport can be arranged. For information about Galilee Episcopal Camp and Retreat Center, please refer to the web site or call 775 749-5546. We hope you join us!

Galilee Body, Mind & Soul Retreat March 16-18, 2018

Please send this form with \$50 per person non-refundable deposit to:

Galilee, P.O. Box 236, Glenbrook, NV 89413 Phone: (775) 749-5546 Email: info@galileetahoe.org

Name _____ Phone _____

Email _____

Address _____ City _____ Zip _____

Parish (If any) _____

Sleeping Accommodations _____