

## Nourish Your BODY, MIND & SOUL at Lake Tahoe

### Galilee Episcopal Camp and Retreat Center

Friday dinner, **March 20** through Sunday brunch, **March 22, 2020**

This retreat, in its sixth year, 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. Come to Galilee and experience God in this special place. The weekend will also feature West African Djembe Drumming and Energy Sound Bath with Liz Broscoe. Participants will experience a fun, community-based approach to learning the techniques, rhythms and history of ancient drumming, combined with a lovely relaxing immersion into the sounds of crystal bowls and the Handpan drum.



Cost for the weekend, which includes delicious meals provided by the Galilee staff and all program, is \$225 for Frensdorff Lodge and Derby Talbot Lodge, \$205 for cabins, and \$195 for the upper dorm. The cost for day use is \$110, which includes all meals and programs. To register, visit the Galilee website at

[www.galileetahoe.org](http://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 [www.galileetahoe.org](http://www.galileetahoe.org) or call 775 749-5546. We hope you join us!

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#### Galilee Body, Mind & Soul Retreat March 20-22, 2020

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](mailto:info@galileetahoe.org)

Name \_\_\_\_\_ Phone \_\_\_\_\_

Email \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Parish (If any) \_\_\_\_\_

Sleeping Accommodations Requested \_\_\_\_\_

Special dietary needs \_\_\_\_\_