



You are invited to a retreat:

**September 13 – 15, 2019**  
**Ananda Guest House**  
**Ocean Park, Maine**

**Manifesting Our Dreams**

This year's theme is Manifesting Our Dreams. Whether we are aware of it or not we are always creating our futures. What we think about is what we get. When we are not specific about what we want in our lives our subconscious runs the show. We are still manifesting/creating our lives but without our knowledge.

Is there something you would like to improve or change? Perhaps a small change or perhaps a significant change. It is all possible with focused intention. This weekend we will talk about how to manifest our dreams into reality.

Additionally, there will be an opportunity to practice manifestation through mindful Yoga on the beach Sunday morning (weather permitting).

**Schedule:**

**Friday**

- Potluck Dinner
- Opening Weekend Conversations
  - Instead of gift trading this year I'd like to offer a different idea the evening of the opening that would be shared on Sunday morning (will not require gift purchasing)

**Saturday**

- Breakfast
- 10am-12pm Discussion
  - What are our dreams?
  - How to manifest our dreams- discussion/Video
  - Meditation/Visualization
  - Discussion
- 12:00 pm – lunch
- 1:00 – 2:30 (optional)
  - Vision Boards (materials will be available but feel free to bring items with you if you'd like)
- 2:30 – 4:30 Free Time (walk the beach, check out the area....)
- 4:30ish Happy Hour/Relaxation
- 6:30ish Dinner Boardwalk Grille (walking distance and BYOB) <https://theboardwalkgrille.com/>

**Sunday**

- Breakfast
- 9:30am – 10:15am Yoga on the Beach w/certified instructor (light stretching, meditative, breathing)

- 10:30 am (on beach) Closing Ceremony (gratitude, sharing activity)
- Prep house for next guest prior to departure

### **Meals**

In years past there has been conversation regarding the food component of the weekend. I would like to change this up a bit this year and follow the practice of another retreat held at Ananda this past spring that was very successful.

Please continue to bring an item to be shared as part of a pot luck dinner on Friday night **OR** something for breakfasts on Saturday and/or Sunday. In addition to the breakfast items brought by others I will provide eggs, sausage, bread and butter. The spring retreat found that there was plenty of leftover items from Friday night's dinner for lunches the next days - for those who were planning to eat in. Also, some folks brought quiches and such for breakfast which also made great leftovers for lunch. Additionally, the OP grocery/deli should be open for salads and sandwiches (I will check). This will reduce the food waste and ensure that those following specific dietary guidelines have foods appropriate for them.

For those that would like to have lobster Friday night we can absolutely still do that! This would be an additional cost based on the price of the lobsters. It is usually about \$10 - \$12 each lobster.

Saturday night we will continue to plan for dinner at the Boardwalk Grille - they have now perfected their menu a year into their ownership. It still remains BYOB. <https://theboardwalkgrille.com/>

### **Beverages**

Coffee, Tea and filtered water (out of the tap) are always available. You may also feel free to bring additional beverages for yourself or to share, including adult beverages.

### **Cost**

\$129.00 per person for the stay at 12 people. If we get more than 12 people I will provide an equal share reimbursement to each of you based on the number of additional participants. Between 12 – 15 people everyone will have a bed to themselves (and there are 2 roll out cots available). If you have friends that want to join and we exceed 15 you will need to share a bed with your friend.

Those wishing to stay longer before or after retreat may do so for an additional \$20 cash per each additional night, which will be collected at the cottage.

### **Housekeeping**

Please bring your own sheets and towels and it would be greatly appreciated if you are able to help prepare the house for the next guests, prior to your departure. Once all participants have signed up rooms will be assigned and you will be notified of the appropriate sheets needed. They will either be twin or queen.

### **RSVP/Deposit**

Please RSVP ASAP to lock in your reservation. Feel free to invite friends to join you. The bookings will be on a first come first serve basis.

***THERE ARE 2 SPOTS OPEN FOR THIS RETREAT AS OF 7/15/19.***

Please send the non-refundable \$129.00 as soon as possible so we are sure of the number of participants. If you need to cancel - your payment may be reimbursed if more than 12 paying participants attend or you find someone to take your place.

Make payments to: Ananda LLC

Mailing address: Ananda Guest House, 16 Tumblebrook Road, Bolton, CT 06043