



Hi There,

You are invited to a retreat at the beautiful Ananda Guest House in Ocean Park, Maine, about 3 hours from Manchester, CT.

September 27 – 29, 2019
Ananda Guest House
Ocean Park, Maine

The theme of this retreat 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 something small or a significant change. It is all possible with focused intention. This weekend we will talk about how to manifest our dreams into reality and practice doing so.

Schedule:

Friday (arrival anytime on Friday)

- 6:00 Potluck Dinner
- Opening Weekend Conversations

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)
- 1:30 – 4:30 (optional)
 - Reiki sessions (15 min \$20).
Reiki is the channeling of energy which recharges a person's energy. It creates a relaxed state of being which helps create mindful clarity.
- 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
- 10:30 am light mindful yoga (on beach, weather permitting)
- Closing Ceremony (gratitude, sharing)
- Refresh cottage

Meals

Please 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. We have found that there are plenty of leftover items from Friday night's dinner for lunches the next days - for those who were planning to eat in. Additionally, there are restaurants/delis close by for salads and sandwiches.

For those that would like to have lobster Friday night we can absolutely do that too! That is what Maine is known for after all. 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 plan for dinner at the Boardwalk Grille which is within walking distance to the house and is 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. This includes your stay and vision board materials. The house can sleep 17 people in their own beds, however; rooms are shared. If you have friends or relatives that would like to attend beyond 17 people you would simply need to be willing to share your bed. Additionally, there are 2 cots in the house that can be rolled out where needed.

Those wishing to stay longer before or after the retreat may do so for an additional \$25 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.

Please send the non-refundable balance of \$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 participants attend or if you find someone to take your spot.

Make payments to: Ananda LLC

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

Check out the Ananda Guest House website @ www.anandaop.com