

# Dwelling in Tranquility...Meditation Retreat

April 4, 5, 6, 2008

with Maya Malay

Pastoral Counselor and Buddhist Ngakma

(Check -in begins Friday 3 pm. Retreat concludes Sunday 4 pm)

Open your awareness to the peacefulness of the present moment. Allow the mind to rest in natural ease where blissfulness and joy spontaneously arise .Take these three days for relaxation, reflection and rejuvenation.

Through a series of inspirational Dharma talks, meditation, mantra and breathwork, you'll discover the ocean of peace that is your True Nature.

You'll, learn practices designed to assist you in maintaining a tranquil state when you return home.

## **In this Meditation retreat learn to -**

Quiet the monkey mind

Recognize the source of turbulent emotions and how to pacify them

Experience peace

Generate love and compassion

Rest in the seat of Awareness

Embrace a life of pleasure, fun, enchantment and beauty

## **Retreat includes -**

Retreat style lodging in a tranquil wooded setting

Delicious vegetarian meals

Daily yoga

**Location:** This retreat will be held in the potent mystical energy of famous Kashi Ashram. The Ashram is located along the lovely Sebastian River and provides 80 acres of natural Florida beauty conducive for quiet, contemplative walks in nature. The sacred Kashi pond is surrounded by ornate temples representative of many spiritual traditions and are open for meditation.

**Kashi Ashram is located at; 11155 Roseland Road, Sebastian, FL 32958**

Retreat Cost; \$395. (\$25. discount for early registration)

[deposit received by March 1, 2008]

MASTERCARD and VISA accepted

**To register:** send registration form and \$150. deposit [non refundable] to;

**REGISTRATION FORM:** Return with payment payable to ;

Maya Malay, 3901 South Flagler Drive #702, West Palm Beach, FL 33405

name:

city/ state/ zip

phone - hm. cell.

email :

deposit 150.  full payment  VISA/ MC ex. 3 digit code ( )

**for more information call;**

Maya Malay (561) 832-0224 or Marybeth Hegarty(561)727--0205

or email; [MarybethHegarty@yahoo.com](mailto:MarybethHegarty@yahoo.com)

**About the Facilitator:**

Maya Malay has a Masters degree in Theology, is a Pastoral Counselor, Rebirther, Loving Relationships Trainer and has taken vows in Vajrayana Buddhism as a Ngakma. Her work ,with both groups and individuals, addresses a multitude of issues and incorporates the application of effective modalities including rebirthing, hypnosis, meditation, regression therapy, spiritual wisdom and psychology. With loving support and an open heart she counsels, conducts ceremonies, leads retreats and facilitates seminars.

**What retreat participants have said:**

“Retreats like this are a must in these hurried and stressful times.’

“I don't ever recall feeling this peaceful .”

“I feel like my life has become meaningful again.”

“I guess this is what it means to be an Urban Yogi...  
how great to have these conscious -raising get-a -ways.”

“There is really is peace within, I finally feel it.”

Check in 3pm ( 5pm Friday we meet in the dining room for dinner and orientation, then go to the studio for our first session, concluding that night about 9:30 pm, accommodations are ashram style..usually 2-3 to a room, accommodations are comfortable and I'll send you a welcome letter telling more of the weekend and the logistics. You can make the deposit so you can get that discount, mail it or call with a credit card ..let me know if you have other questions too.

Maya Malay (561) 832-0224

or Marybeth Hegarty (561)727--0205 email; [MarybethHegarty@yahoo.com](mailto:MarybethHegarty@yahoo.com)