



Reiki, Intuition & Yoga

A Mountain Retreat



Led by Deb Coats

June 23rd, 2022 (3 nights and 3 days) San Diego Mountains

Join us for a weekend of tranquility in this sacred mountain space. Come hear the trees and birds sing, listen to the earth as you walk in nature. Let your body, heart, mind and spirit relax in an environment that promotes health and healing. You'll have 640 acres to explore. This space is surrounded in raw nature with plenty of spaces to pause and be.

Be nourished with vegetarian meals, creative styles of yoga, breath exercises, meditations, group reiki, and sound healing. **Learn the power of Reiki when combined with the Yoga path and how to tap into your own innate intuition and healing. Reiki Attunements will be given to those wishing to receive them. Experience hands-on Vegetarian cooking. Learn about foods that will nourish your bodies energy, along with sharing and caring. Enjoy periods of silence and gentle conversations along with creative mindful provided activities.**

Retreat Starts Thursday June 23rd. Check-in begins at 3:00pm, but you may arrive early to enjoy the property and hike the trails. Retreat ends on Sunday, June 26th, check-out by 11:00AM. (*Transportation not included*)

Reserve your spot with a **\$100.00 (non-refundable deposit per person)** Full Balance is due by May 26th. This is a nonprofit retreat space. The cost of the retreat covers the use of the retreat space, meals, and administrative cost only. **In honoring Questhaven's mission, yoga, meditations, and all offerings by Deb are given from the heart. At the conclusion of the retreat anonymous Karmic Love Donations can be left in envelopes provided for the retreat leader.**

Registration cost for three nights' accommodations, food preparation and administration fees for the entire weekend:

- Private Single twin bedroom with private bath, desk, and reading chair = \$480.00pp **(8 rooms available)**
- Shared 2 bed twin bedroom with private bath, desk and reading chair = \$405.00 pp. If room is reserved by a single guest, price per room is \$500.00. **(2 rooms available)**



We hope you will join us for this special retreat. To RSVP please contact Deb at 949-292-1113 or E-mail at yogadebcoats@gmail.com

