

Summer Solstice
June 18-21, 2010

SUN-FILLED SOUL

QUAKER, BUDDHIST, AND YOGA
interfaith exploration in a contemplative atmosphere

This retreat is an opportunity for all present to learn from one another and to grow in their awareness and understanding of the Quaker, Buddhist and Yoga traditions. We will share authentically from our personal spiritual journeys, identifying some of the bumps in the road, some of the moments of grace, some of the learnings along the way... Learn the basics of Yoga, meditation, and Quaker worship... Relax into the beauty of the season... Settle into the oneness of body, mind and spirit...

Each day will include periods of silence, talks by the presenters, and spaciousness for informal interactions, rest, and enjoying the land. On the final evening there will be a solstice bonfire and community event open to the public.

- Gain tools to help in your spiritual practice(s)
- Deepen your connection to the light, mindfulness, breath and movement
- Explore and appreciate a variety of spiritual paths
- Commune with nature

Presenters will include a yoga instructor, two Quakers, and a Buddhist representing Thich Nhat Hanh's mindfulness practice.



Kevin Lee

WOOLMAN HILL Quaker Retreat Center
107 Keets Road Deerfield MA 01342

www.woolmanhill.org
413-774-3431