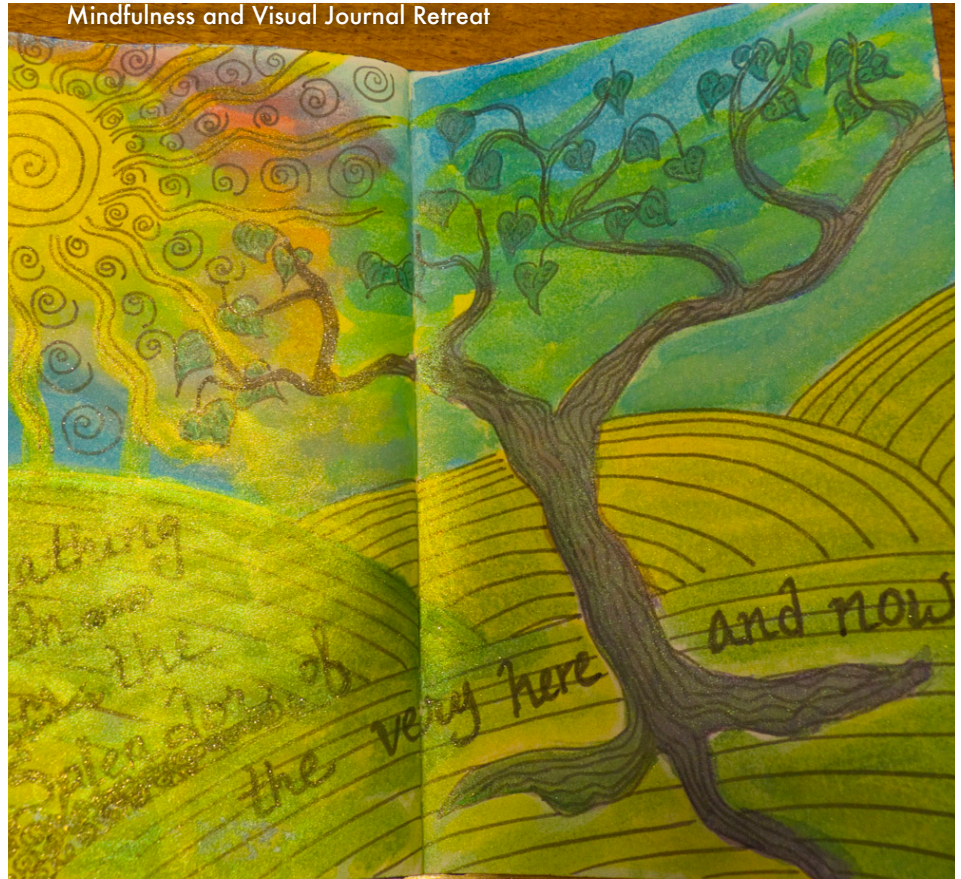


Journal from the Heart

WITH DESIREE



Mindfulness and Visual Journal retreat with Desiree Webster

Learn to express your practice by creating a visual record of your journey

Whether you are an artist or a doodler Desiree will help us explore the world of colour, texture and form. We will learn how to play with painting, writing and collage. With images and words we will express our spiritual path in book form.

Along with creating art we will also be practicing:

Sitting Meditation
Walking Meditation
Exploring nature

Retreat includes:

- Indoor accommodation
- All Vegetarian meals
- Art supplies
- Journal to take home

Retreat Cost \$110
Feb 11 10am- 5pm
Feb 12 9am - 1pm

February 11&12

Registration Form on back
For more information contact Tracey
ml-info@mountainlamp.org
360-592-0600

RETREAT INFORMATION AND REGISTRATION

MEALS:
Are Vegetarian
Please note
medically
prescribed diet

SLEEPING:
Shared Indoor

WHAT TO BRING:
Sleeping bag &
pillow & sheets
Meditation and art
making clothes,
rain coat, warm
sweater, hat, mitts,
scarf, walking
shoes, boots,
personal toiletries,
towel, flashlight,
alarm clock

Cut off this
section and save
as a reminder



Journal from the Heart with Desiree

DEPOSIT: \$25 for weekend
Deposit for Retreat is non-
refundable after Feb 1
Last day to register is Feb 4.



Retreat Fee
\$110
All meals are
included

Please complete form below
and mail or e-mail to
Mountain Lamp Community,
P.O.Box 512, Deming, WA
98244,
along with a \$25 deposit.
Directions to Mt. Lamp will be
sent with your confirmation.

Name:

Address:

Phone#

E-Mail

Emergency
Contact

Circle of Friends (please circle)

Circle any:

I can help with cooking

I can help with shopping

Specific interests

Food Allergies

Anything else we should know?

