

February 13th – 20th 2010

HONORING THE INNER VOICE:

A journey of self care blending the power of yoga, dance and contemplative writing with Joanna Cashman RN, E-RYT, MFA

Treat yourself to a week of nurturing self care at The Present Moment Retreat. Joanna Cashman will be facilitating “**Honoring the Inner Voice**”, an interdisciplinary process of self inquiry and self expression that includes yoga, dance and contemplative writing. The accelerated tempo of our fast paced lives leave us with little time for self reflection. We too often deprive ourselves of the rich inner resources of wisdom, love and inner guidance that reside within us.

Joanna will facilitate an alchemical blend of Radiant Health Yoga ®, contemplative writing and expressive dance to help us access the inner voice within that generously offers up its jewels of self awareness and self expression, if only we are listening.

Come explore, empower, reclaim, and honor your whole self on a sacred journey that will carry you through inner landscapes of insight and integrative healing. No prior experience in yoga, dance or contemplative writing is required. For Joanna’s bio info please visit www.WildGraceArts.com.

There will be plenty of free time to cavort on Troncones beach, bask in the sun and enjoy Troncones, Guerrero; one of the last sacred and authentic destinations in Mexico.

This first class Mexican Resort is located just north of Ixtapa, nestled between the lush mountains of the Sierra Madre and the sparkling Mexican Riviera. With the amenities of a five star hotel and the privacy of a deserted island, Present Moment Retreat uniquely combines the luxuries of a health spa and beach resort with the tranquility of an intimate spiritual life and yoga center.

Located only 30 kilometers north of Ixtapa/Zihuatanejo and an easy 45 minute drive to the international airport, Troncones Beach offers 3 miles of pristine Pacific beach - a strand of white sand punctuated by occasional rock outcroppings often harboring tidepools teeming with fascinating salt-water life. It’s proximity to Ixtapa and Zihuatanejo affords you a full choice of shopping conveniences and recreational possibilities.

Cost and other details to be announced.