

# *Silence Meets Soma*

*Sep 28 - Oct 1 2017 ~ Methow Valley, Wa*

We invite you to gather in 4 days of silence on the sacred grounds of Skalitude Retreat Center to draw back into your-Self and reconnect with your - Source through your -Soma. This retreat will lead you to quiet your entire system in order to re-awaken your senses. Together we will unravel traumas and contractions as we engage the body on all levels, finding new paradigms of openness and freedom.

**\$625 Early Bird Until Aug 15  
(\$675 after)**

*Yoga*

*Breath Work*

*Meditation*

*Ecstatic Movement*

*Written Expression*

**Includes:**

**All meals**

**Accommodations**

**All workshops**

**Skalitude facilities**

*Silence*

*Solitude*

*Guided Cleansing*

*Nourishing Foods*

*Sacred Land*

*Ritual*



*Jamie Renee Lashbrook*

## *Info & Registration:*

*FB: Silence Meets Soma*

*Wellbellyhealing.com*

*Bewholebehappy.com*



*Grace Bryant*