

**Primal Power Vision Quest:
The Journey of a Lifetime**
with Jovinna Chan, E-RYT and Grace Jull MA, LMT, E-RYT

Program Details and Frequently Asked Questions

To connect and create intentions we are hosting:

Pre-Immersion Phone Calls: participate live or listen later by recording

Call Dates:

Wed, Jul 5, 2017

Wed, Jul 19, 2017

Conference Call Phone Number: (302)-202-1102 Code: 322435

Closed Facebook Page: for participants to post comments on a few simple readings or if you wish to share intentions or rides. The invitation to this page will be sent to you upon filling out the registration form, providing us with your Facebook user name.

Retreat Information:

Thu, Jul 27 –Sun, Jul 30, 2017

Arrival for day of registration: Thu, Jul 27, 3:00pm

Arrival for yoga: 4:00pm

Arrival after dinner: 6:30pm

Departure: Sun, Jul 30, 1:00pm

Inspired to invite a friend or yoga colleague last minute? Registration is open through July 27!

Frequently Asked Questions:

1. **WHO IS THIS RETREAT FOR?** This is a retreat for inspired teachers, healers, parents or anyone who is interested in self transformation and heartfelt service to the world.
2. **HOW MUCH EXPERIENCE IS NEEDED?** All levels of yoga, fitness, and meditation practices are welcome.
3. **WHAT SHOULD I EXPECT FROM THIS RETREAT?** Deep clearing of mind, body and spirit. Practices and insight that will serve you for a lifetime. Your personal practice or inspiration in teaching or creating will be energized.

ENJOY AND DISCOVER:

- Rituals to initiate you into a lifetime of intimacy with yourself as a force of nature
 - Conscious and meditative movement to awaken a limitless source of clarity about who you are
 - A transformational dive into the anatomy of power through encountering the Chakras
 - Deepening your collaborative presence with nature
 - An individual and collective synergy that engenders love and creativity
4. **WHERE IS IT HOSTED?** WON Dharma Center, a rare retreat center, is nestled in the rolling hills of the Hudson Valley. A friendly monastic community inspires an atmosphere of deep connection

to nature, to oneself, and to awareness. To learn more visit their website:
<http://www.wondharmacenter.org/about/about-us>

IMPORTANT: for GPS - use 361 State Route 23 Claverack, NY 12513 Won Dharma Center for directions. DO NOT USE Route 23B!!

5. **ARE MEALS PROVIDED?** Simple, fresh and deeply nourishing vegetarian meals are made with farm fresh ingredients the monks grow. Aside from gluten free options, ***accommodating special dietary needs is not possible***. Please bring some of your own snacks if you like to graze, as there is no shop.
6. **WHAT ACTIVITIES WILL WE BE DOING?** Mindful movement (all levels meditative yoga, dance, easy hikes), experiential exercises, accessible and inspiring meditation, rituals, writing and reflection, chanting and laughing!
7. **WHAT DOES THE GENERAL SCHEDULE LOOK LIKE?**
 - 5:30-7am OPTIONAL chanting and meditation with the friendly resident monks
 - 7-8am Yoga
 - 8 -8:30am Breakfast
 - 9am Morning Session
 - 12pm Lunch and rest or a run, romp...
 - 2pm Afternoon Session
 - 5:30-6pm Dinner
 - 7pm Evening Session
8. **WHAT SHOULD I BRING WITH ME?**
 - Snacks, chocolate...
 - Changes of clothing
 - Cool clothing
 - An extra fan if you want your own in your room
 - Hat
 - Sunglasses
 - Sunscreen
 - Bug repellent
 - Walking shoes
 - Items to add to the altar
 - A hand held mirror
 - A copy of a childhood photo
 - Toiletries bag for shared bath
 - Water bottle
 - Journal

There are coin operated washing machines and dryers for guests to use.