



# A Weekend of Turning Inward

## Meditation & Yoga

with **Suzie Hurley**

Hallowood Retreat Center, Frederick County MD  
**December 11-13, 2020**

This weekend, bordering Sugarloaf Mountain less than an hour from the Metropolitan DC area, will allow us to step away from day-to-day stress and schedules and turn inwards with meditation, yoga, and personal quiet time in preparation for the season's busy holidays.

I will focus on teaching and guiding those, both old and new, in the Art of Meditation. The benefits in our everyday lives are enormous. Meditation has been the mainstay of my spiritual practice for over 40 years. In our weekend we will:

- Learn the Art of Meditating while not going to war with our minds!
- Enjoy Yoga classes that are geared to opening our hips and freeing energy to sit comfortably for Meditation.
- Have optional periods of "Loving Silence" to reap even more benefits of turning inwards.
- Eat delicious food prepared by the long time Chef of Hallowood.
- Enjoy quiet hikes or walk the Labyrinth, spotting wildlife that flourishes in the "off the beaten path" beauty of woods and fields.
- Take a simple yet committed Meditation Practice home with you.

*Please fill out the registration form on the back*

### Suzie's bio

**Suzie Hurley** has been teaching yoga since 1981 and practicing since 1977. She actually learned Meditation three years before she began an asana practice. She is the former director/owner of the Willow Street Yoga Center in Takoma Park, MD. She has a deep background in Kripalu Yoga, Iyengar Yoga & Anusara Yoga. She teaches yoga and meditation workshops nationally and internationally, offers private classes in meditation and spiritual direction and volunteers as an end of life Doula for Hospice.



Suzie's devotion to inspiring and encouraging others to maximize their gifts and open their hearts to the joy that lies within is ever present and the mainstay of her teaching. She continues to be devoted to her own personal growth and creates a safe atmosphere where others may seek the same. She is an activist for progressive change in all things that bring us to the realization that we are one loving Whole and must work together as such. Meditation has always been the foundation of this practice.

[www.suziehurley.com](http://www.suziehurley.com)



For more information contact Suzie at  
[suziehurley22@gmail.com](mailto:suziehurley22@gmail.com)



# Registration

The Retreat will begin at 4:00pm on Friday, December 11 and end after lunch on Sunday, December 13. Folks are permitted to come as early as 1:00pm on Friday to settle in, walk the property, read by the lovely stone fireplace and relax.

The retreat is open to both men and women, both couples and singles of all ages.

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_ Phone \_\_\_\_\_

## Accommodations

Each room has a double and single bed with it's own private bathroom, and is attractively furnished with a view of Nature from every window.

### Prices:

*(Please check your preferred accommodations)*

- Single room with private bath: \$650
- Shared room with private bath: \$470
- Full payment due by **November 15, 220**

### Early Bird:

Save 20% by making full payment by **September 1**

- \$550 for a Single
- \$380 for Shared

## To Register

Send in this form with check or use PayPal paying to my email address: **suziehurley22@gmail.com**

### Send form with payment:

*Checks payable to Suzie Hurley*

**Suzie Hurley, P.O. Box 392, Oxford, MD 21654**

## Directions

Refer to the Directions on the website,

**<http://hallowood.org/contact-us/directions/>**

## Props

Please bring your Yoga Mat, two yoga blocks, a yoga strap, two yoga blankets, and a smile. If you have a backjack or meditation cushion and want to use it for meditating, bring that along. We will use both chairs and the wall for easier sitting.

## Shared Rooms

Do you have a roommate preference?

Please list name and phone number. If not, one will be assigned.

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

## Diet Considerations

Please check your specialty diet considerations and list any allergies:

- Gluten-free
- Vegetarian
- Vegan
- Allergies \_\_\_\_\_

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