

One Day Meditation Retreat

Just off the coast of Southern California lies one of the most beautiful and tranquil places in nature. With virtually no human inhabitants, being on Santa Cruz Island feels like you've gone back in time - to a pristine and peaceful place, much like the Chumash natives experienced centuries ago.



What to expect on this retreat –

- A relaxing day of insight, easy hiking and amazing scenery
- A guided hike, history of the island and lots of nature
- A one hour boat ride to and from the island (Boat ticket is included)
- A picnic lunch on the island (not provided)
- Dolphin and Whale sightings from the boat (not guaranteed, but very likely)



On this one-day meditation retreat we will explore nature, meditation, affirmation, contemplation and fun! Join Keith Horwitz, ALSP as he facilitates and guides you on adventure you'll never forget.

When: Saturday, May 22, 2010; 8:00am-5:00pm

Where: Meet and depart from Ventura Harbor in Ventura

Cost: \$88.00 by 5/18/10; \$115.00 5/19/10 or after (if available)

To Register, or for more detailed info: Call Keith at (818) 913-9691 or e-mail: keith@garden-thestore.com (space is limited, so register early)

Details, a check list and directions will be given at registration.

For an electronic version of this flyer, or for more info. on Keith, visit www.keithhorwitz.com