



# **NEW EARTH “drop-in” RETREAT**

## **A Unique Retreat of Inspiration and Transformation**

**Saturday, December 22, 2012**

**10:00am – 4:00pm**

- \* Treat yourself to a heart-opening day of peace, joy, wisdom and community.
- \* Drop-in for whichever events you would like or join us for the entire day!

10:00 – 10:15 Welcome  
10:15 – 11:30 Vajra Yoga with Venerable Tashi Nyima  
11:30 – 12:30 Meditation & Sharing led by Bobbie Perkins  
12:30 – 1:30 Lunch (please bring your lunch & we'll eat together)  
1:30 – 2:00 Burning bowl – a ritual to release what no longer benefits us  
2:00 – 3:00 QiGong with Janna Whitten  
3:00 – 4:00 Channeling and Closing facilitated by Bobbie Perkins

FREE RETREAT (donations appreciated)

Facilitated by Ven. Tashi Nyima, Bobbie Perkins, Janna Whitten

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