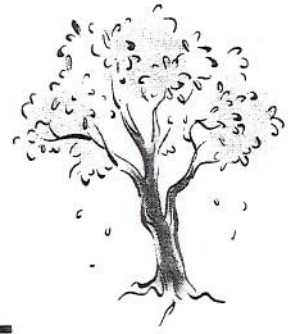


REST YOUR SOUL, RENEW YOUR SPIRIT



AT PUMPKIN HOLLOW RETREAT CENTER

Craryville, N.Y.
(visit us on-line)

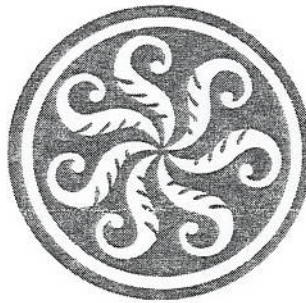
October 22nd, 23rd, 24th 2010

(Beginning Friday evening supper, end Sunday after lunch)

Cost \$ 295.00 per person*

*Includes meals, lodging & programs
(see back for registration details)

- Guided Meditations
- Relaxation Techniques
- Guided Intuitive Messages
- Group Activities
- Fire Ceremony
- Mini-Sessions
- Intro to Chi Kung



Facilitated by:

- Therapeutic Touch Practitioner
 - Spiritual Practitioner
 - Chi Kung Instructor
-

Shift your focus, and find inner peace with experienced practitioners amidst nature filled Pumpkin Hollow with its streams, waterfall, & gardens. Find solace in their meditation center, healing sanctuary and walk the labyrinth. Find simplicity and comfort in their rustic cabins and enjoy delicious vegetarian meals. Find a sense of community. Experience the healing energy at Pumpkin Hollow.

(See Back)

TO REGISTER:

A DEPOSIT OF \$75.00 IS REQUIRED
(\$25 Non-refundable, the remainder is refundable up to 2
weeks prior to the event)
THE BALANCE DUE ON ARRIVAL
(PLEASE PAY BY CHECK OR CASH)

PLEASE MAKE CHECKS PAYABLE TO: PUMPKIN HOLLOW RETREAT CENTER

MAIL TO:

DEBRA CAPPOCK - CLEGG
PO BOX 1414
PLEASANT VALLEY, NY 12569

TO RESERVE A SPACE:

PLEASE REGISTER BY OCTOBER 1ST, 2010
(WE WILL TRY TO HONOR LATECOMERS)

ANY QUESTIONS:

PLEASE CALL DEBRA CAPPOCK - CLEGG
845-702-7319
OR E-MAIL: SHENLOONG@AOL.COM

DIRECTIONS:

Pumpkin Hollow Retreat Center

Taconic Parkway to exit 23 (Claverack/Hillsdale)
Follow the sign going east to Hillsdale onto route 23.
Remain on route 23 for about 2 miles until you see the
Elm Tree Motel on your right. Right after the Motel
make a right onto route 11 and continue on this road
for another 2.5 miles until you see the Pumpkin Hollow
sign on your left. (sign is green with orange pumpkin)
from NYS thruway 15 miles.

Cut at dotted line and return bottom portion with check

PLEASE PRINT

NAME: _____

ADDRESS: _____

PHONE: _____

ALT PHONE: _____

EMAIL: _____

Will you be arriving for dinner at
6:30pm Friday?

YES NO

Registration
7 pm - 7:30 pm

Program Begins
7:45 pm Friday Evening