



# Meditation Retreat Nourishment for Mind, Body and Soul

April 26-27, 2024

You are warmly invited to join us in retreat to deepen your inner journey and connection to yourself and others through a weaving of meditation, self-inquiry, yoga/gentle movement, songs from the heart, journaling, and storytelling. The retreat will be held in the peaceful energy of the **Triple Crane Retreat Center** in Chelsea, MI.

**Brett Koon** will guide us in meditation, as well as self-inquiry and reflection, throughout the retreat. **Jennifer Lenders** will offer gentle, accessible, mindful movement from a chair or mat, **Holly Makimaa** will guide us in loving-kindness journaling and story-telling, and **Carol Bardenstein** will lead us in simple heart-centered chants.

The Retreat will be a fundraiser for the **Interfaith Center for Spiritual Growth**, with 100% of the profits going to Interfaith. It is an opportunity to commune with others affiliated with the Center and is very much open to the broader public. In other words, all are warmly welcome!

**Schedule:**  
**Friday, April 26<sup>th</sup> 5:00 p.m. — 9:45 p.m.**  
**Saturday, April 27<sup>th</sup> 7:00 a.m. — 9:00 p.m.**  
**Overnight Lodging: Optional (limited to 20 beds)**

**The cost** of this weekend retreat is \$200 per person. This fee includes the retreat activities and four meals for Friday through Saturday.

**Giving and Receiving Scholarships:** We want to make partial and full scholarships available. If you have more to give to help support others please donate to the scholarship fund. If you are in need of a partial or full scholarship please email Delyth at [delyth.balmer@interfaithspirit.org](mailto:delyth.balmer@interfaithspirit.org).

**Meals:** Dinner will be provided on Friday evening, a continental breakfast on Saturday morning, and lunch and dinner on Saturday. The caterer is wonderful and will provide delicious and well-balanced vegetarian cuisine.

**Overnight lodging** is available at an additional cost of \$40 per night per bed. You're encouraged to remain in the beautiful energy created. Each room has 2-3 twin beds. Please be aware space is limited to 20 beds. Shared Community Bathrooms with showers, one for men and one for women, are available nearby. Linens are provided.

We hope you can join us for this retreat as a way of going within and having an opportunity to bond with others. It is truly a wonderful opportunity to nourish your body, mind, and soul.



**Rev. Brett Koon** is an inspirational speaker, a meditation teacher, and leads meditation retreats. He has been meditating for 32 years, which is where he draws upon most of his teachings. His main thread of teaching is to help people let go of Who they are not so a deeper truth Of who they are can be revealed.



**Rev. Holly Makimaa** has been facilitating writing, storytelling, and spirituality workshops for over 25 years. She is an ordained interfaith and interspiritual minister who honors the spiritual expression of all and loves to facilitate activities that call forth and reveal the sacred spark in all. Holly maintains a private practice offering spiritual companionship, holistic journaling, transformational coaching, embodied spiritual practices, and personal rituals. She creates personal and group retreats here and across the US for individuals and organizations.

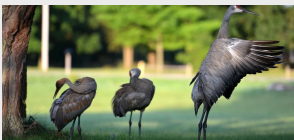


**Carol Bardenstein** is a song-catcher and song leader who facilitates a range of community song circles, including song circles for life cycle events, song healing for bedside, and hospice singing. Carol discovered heart-centered singing with others as a deep and transformative spirit portal nearly 15 years ago, and she's been singing her heart out and in with others, and facilitating many different kinds of song circles ever since! Grief, joy and everything in between, and all that you are, are warmly invited into her song circles, for expression, connection and communion in heart and song.



**Jennifer Lenders** is a lover of discovering conscious connections to the body and mind through mindful movement. For over 20 years, yoga-as movement and meditation-has been the vehicle, tool and design of her personal spiritual path and her teaching to all ages and stages, including in cardiac rehab. Jennifer infuses the transformational healing wisdom of the yoga tradition by centering the class in the heart of compassion, self-awareness, and encouraging a willingness to be curious and open in gentle exploratory movement and breathing practices.

**Triple Crane Retreat Center** is located a few miles north of Downtown Chelsea. Facilities include the large building called Chan Hall which includes a full kitchen and dining room, a spacious Yoga and Meditation Hall and overnight accommodations for up to 20 guests.



**Triple Crane Retreat Center**  
7665 Werkner Rd,  
Chelsea, MI 48118

