

EXPANDING LIGHT WOMEN'S SPIRITUAL RETREAT
December 1 to December 3, 2023



A full weekend retreat, hosted by Eileen Alexander and Lynda Ferrara, open to all women! Please feel free to share this with your friends! Those new to Yoga are welcome.

The retreat will take place from Friday evening Dec 1 to Sunday afternoon, Dec 3, 2023.

Join us for a weekend of community, love and empowerment, including various forms of Yoga, Reiki, group meditations, and other healing processes and techniques to support you in your own personal journey.

The retreat house at Holy Cross Monastery, 1615 Route 9W, West Park, New York, sits on the banks of the Hudson, and offers a sweet, welcoming atmosphere with comfortable accommodations, wonderful meals, beautiful grounds and nearby hiking trails.

Investment: \$575.00 (includes your private room for two nights and six meals). Space is available to the first 11 registrants. A \$100 deposit is required to reserve your space.

To register via Venmo, please use the ID Eileen-Alexander-1. For Zelle, please use phone number 973-600-4030. Visit <https://eileenalexander.com/shop/> to register by credit card. If you prefer to make your deposit by check, please email Eileen for instructions at info@eileenalexander.com. Once your deposit is received, we will send you a confirmation email with further information. Final payment will be due on Sept. 3, 2023. Please feel free to reach out with any questions.

Cancellation policy: full refund up to 45 days prior to the retreat. After that, refunds will only be issued if we are able to fill your spot.