

Imagine....



***24 hours AWAY from the responsibility of your life.
Unconditional LOVE and SUPPORT from your fellow Special Needs parents.
Feeling TRANSFORMED physically, mentally and emotionally.
Having a life that meets YOUR OWN needs!***

**"The Calm Within The Chaos"
Sacred Summer Retreat
(For Parents of Kids With Disabilities)**

August 10-11, 2017

Long Branch, NJ

Parents like us need extra special care!
(And it's OK to admit that!)
Here's what awaits you....

- Gentle Yoga to **soothe your aching body.**
- Meditation and Relaxation to **calm and quiet your mind.**
- Supportive activities to know **you are not alone.**
- **A new way of seeing yourself** to change your life!
- **Easy Tips and tools to use at home** to keep the feeling going.
- Plenty of time to **RELAX and enjoy** your time at the beach!

This is sure to be a life changing experience! Especially if you've never attended a retreat of this kind before.

You'll leave more grounded in who you truly are, knowing what you want your life to be, and how to stay on the path to make it happen for yourself.

[Register Now](#)

The Calm Within The Chaos Sacred Summer Retreat

August 10-11, 2017

Program Activities: The Sanctuary 560 Main Street Loch Arbor, NJ

(Also on the BEACH!)

Lodging: Cedars and Beeches Bed and Breakfast 247 Cedar Ave. Long Branch, NJ

[Early Bird Registration Until July 1st just \\$165](#)

BONUS: Register by May 19th and receive a recorded Guided Meditation to use anytime!

After July 1st the cost for the retreat will be \$225

Don't Delay!

Spaces are limited so [REGISTER NOW](#) for the best rate and best room choices

Lodging rates from \$107-\$255 Includes Breakfast (Some shared rooms available; 2 Doubles and a Suite which sleeps three. Please use the email group to make roommate arrangements, or contact me for assistance)

Contact Esther Cohen at Cedars and Beeches directly to make your room reservations.

[Register Now](#)

You have waited long enough.

You have cared only for others long enough.

You have held on to the pain long enough.

It is time to let go.

It is time for YOU!

I can't wait to see you at the beach!

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The Calm Within The Chaos Sacred Summer Retreat

Our mailing address is:

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