

RETREAT FEE:

\$400 each when you register early with a friend	\$425 early registration by February 28th	\$475 regular registration
To register call (928) 204-0067 or email Events@McLeanMeditation.com To find out more, visit www.McLeanMeditation.com		

INCLUDED:

- Meditation Instruction & Mindfulness Practices
- Writing Practices, Prompts & Coaching
- Communing with the Horses of Tierra Madre
- Lunch on Saturday
- Optional Labyrinth Walk & (take out optional here) Spa Treatments
- Does not include your transportation, most meals, or lodging.

THE SCHEDULE:

<ul style="list-style-type: none"> • Meditation Instruction & Mindfulness Practices • Writing Practices, Prompts & Coaching • Communing with the Horses of Tierra Madre • Lunch on Saturday • Optional Labyrinth Walk & (take out optional here) Spa Treatments • Does not include your transportation, most meals, or lodging. 	FRIDAY Check In: 4:30 in the Lobby Gathering in the Villa: 5:00PM - 7:00PM
	SATURDAY 9:00AM - 5:00PM 7:30PM - 9:00PM
	SUNDAY 10:00AM - 12:00PM

YOUR FACILITATORS:

Sarah McLean is a best-selling Hay House author and meditation and mindfulness teacher who offers provocative mindfulness practices and expansive writing exercises. She's traveled the world seeking insights into meditation. She's lived in a TM Center, a traditional Hindu Ashram, and a Zen Buddhist training center. She served as the program director for Deepak Chopra's Center, and the director for Byron Katie's School. She's the director of the Meditation Teacher Academy in Sedona where she lives with her husband and rescued dogs. Visit her website: www.McLeanMeditation.com

Christine Badoux is a highly trained experiential coach who promotes the learning and healing that occurs between horses and humans. She coaches at Tierra Madre Horse Sanctuary where she is a (volunteer) Program Director. She's also a Certified Assertiveness Coach who offers individual and group coaching sessions, workshops, and retreats. In a prior life, Christine spent more than ten years in the hospitality industry working for Four Seasons and Westin Hotels. She lives in Phoenix with an ever-expanding family of animals and her two favorite teachers: her children Isabelle and Alex. Visit her website: equineexperientialcoaching.com