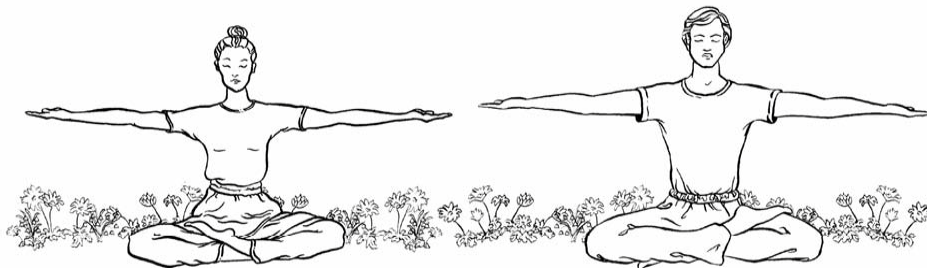


**Sea & Sky & Soul retreat**  
**July 29 - 30 (and optional July 31 morning yoga)**  
**Kundalini Yoga & Meditation & Labyrinth**  
**in our local Wild Places**  
**with Diane Bunting (Shamsher)**

*There is one spectacle grander than the sea,  
that is the sky.*

*There is one spectacle grander than the sky,  
that is the interior of the soul.*

~ Victor Hugo



An infinity of blessing!

5 different meditations in 5 wild places.

On Friday eve, we gather at No Cabbages Bed & Breakfast fire circle  
for meditation, council circle & labyrinth-walk.

Several overnight choices: No Cabbages, Diane's, your home or even a van!

Saturday morning finds us rising with the dawn  
for indoor yoga & a wild-beach 11-minute meditation.

Back for No Cabbages' delicious breakfast, labyrinth & quiet.

Then on to more Sea & Sky & Soul.

We make pilgrimage to several Gig Harbor forest'ed & water'ed  
wild places, bringing offering of 11-minute meditations  
for the benefit of all beings.

These pilgrimages are interwoven with Labyrinth in forest surrounds.  
We journal, draw, observe & contemplate. We deepen into nature & our soul.

After dinner, we circle into closing meditation & council witness.

Feel free to stay over Saturday night, joining early morning yoga

OR gather your blessings & return home Saturday night.

This retreat will be small in number (10 folks) & great in spirit! Keep reading

**Retreat costs are variable** so that one may fit your budget.

**Retreat cost: \$126**

(includes Saturday breakfast, Saturday box lunch, Saturday dinner & lots of bliss)  
**(does not include housing)**

You can choose to stay at No Cabbages B&B for 1 or 2 nights, or you can sleep at home.  
And if you stay at the fabulous No Cabbages, you can choose variously priced options.  
Here goes a summary (contact me for clarifications, if needed):

**Housing costs: Prices given are "per night".** First come, first reserved.

No Cabbages B&B: 1 queen bed, shared bath \$80 (for 1 or 2 folks)  
(2 of these rooms available)

No Cabbages B&B: 1 king bed, 1 sleep sofa, private bath \$135 (for 1 to 3 folks)

No Cabbages B&B: 1 king bed, private bath \$135 (for 1 to 2 folks)

No Cabbages B&B: sleep sofa in living room, shared bath \$30 (for 1 person)

Sleep-over at Diane's: 1 twin mattress on floor, private room, shared bath \$15  
(for 1 person)

Sleep-over at Diane's: 1 living room futon, shared bath \$15 (for 1 person)

Van or small RV - overnight at No Cabbage's, shared bath \$10 per person

**To register or for more information: contact Diane / Shamsheer  
253.853.5221 or [shamsheer.diane@gmail.com](mailto:shamsheer.diane@gmail.com)**

Diane Bunting / Shamsheer (M.S., KRI-certified Yoga teacher) combines two of her great loves - yoga/meditation & nature.

"With 35 years yoga experience & KRI Yoga Teacher certification, with an MS in Marine Biology, 6 years as an NPS naturalist, and a lifelong love of nature's wild places, I cherish the opportunity to share yoga, meditation, labyrinth & contemplation on our NW home ground. In my daily meditations, I hear the call to come into natural settings with meditation. With Emoto's splendid work as an encouragement & proof, we will be dedicating our meditations to the wellbeing of all sentient beings."

No Cabbages Bed & Breakfast ([www.nocabbages.com](http://www.nocabbages.com)), tucked in NW green, magical & nurturing, is homebase to our Sea & Sky & Soul retreat. Our hosts Jamee & Dal, along with songbirds & crows, squirrels & stones, welcome us into their spiritually replenishing B&B. Their labyrinth, tucked into forest glen, is the most magical one that Diane has been blessed to walk.

Anticipate sun & come prepared for rain.

Our No Cabbages B&B Retreat Central will welcome us in all weathers.