

A weekend escape can be the most rejuvenating experience if done right. No waiting in airport lines required. Cultivating Your Greatness Urban Escape is a short automobile or train ride away.

Come join us in the here in New Jersey, The Poconos or extended stay in Sunny Jamaica for a transformational experience without all the distractions of life. Check our calendar for our next gathering. Arrive early Saturday for an organic brunch followed by a schedule of participative learning sessions, sharing and co-creating. Depart on Sunday with a game plan to improve aspects of your life of your own choosing. Mental, spiritual, nutritional engagement..... Total Bliss!

New Jersey is full of surprises yet to be discovered...Think of all the famous people from New Jersey. Bruce Springsteen aside, New Jersey has produced some of the biggest stars in the industries. The list includes Frank Sinatra, Whitney Houston, Meryl Streep, Jack Nicholson, Jason Alexander, Jon Stewart, Jon Bon Jovi, Zach Braff, John Travolta... the list goes on. If you're at the right place at the right time something might just rub off ☺

In the words of Jeremy Schneider, a New Jersey journalist "They don't call New Jersey the Garden State for nothing. It's absolutely gorgeous. That's right, despite all the stupid jokes and clichés you've heard about New Jersey, some of the most beautiful sights in the country can be found right here. Mountains. Beaches. Farms. You guessed it, gardens. New Jersey has it all! ". Alternate retreat locations include, Poconos and the island of Jamaica



While most of us think of sex when we think of Tantra Yoga, this ancient practice is actually a powerful combination of asana, mantra, mudra, and bandha (energy lock) and chakra (energy center) work that you can use to build strength, clarity, and bliss in everyday life. By harnessing and embodying the five forces of Shakti, the female deity that represents creativity and change, Tantric Yoga suggests we can move through the world with more confidence and contentment.



*Bringing awareness to your recurring thoughts and actions.*

The very first step to change and build new habits is bringing awareness to those thoughts and actions that are repetitive—because they are gaining strength every minute. Start by paying attention to your actions and the results of those actions. Pay attention to what your thoughts are on a regular basis. Thought patterns are habits too.

The more aware you are of your thoughts and actions, the more power you have to break patterns that don't serve you and replace them with something that makes you more productive.



**SATURDAY**

- 10:00 -10:30- Check-in
- 10:30-1200 - Brunch and social
- 12:00 -12:30 - Full discussion of what to expect
- 12:30 - 1:30 - Engaging conversation about Meditation and your inner power.
- 1:30-2:00 - Break for refreshments
- 2:00-4:00 - Tantric Yoga
- 6:00- 8:00 - Dinner Social
- 8:00-8:30 - freshen-up
- 8:30 - 9:30 - Change Your Story Change Your Life.
- 9:30.....Gratitude and journaling. ....The night is young

**SUNDAY**

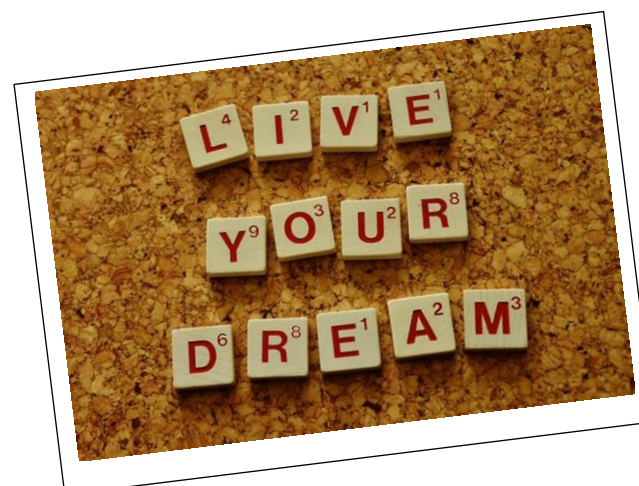
- Early morning meditation- join in at any time, go for a walk or do light exercise
- 7:30 - -8:15 – Breakfast
- 8:15 -10:30 - Habits that will change your life
- 10:30-11:00 Wrap up, farewells and check out.

**\*Full accommodations include, meals, workbook and supplies\***



What, exactly, are the health benefits of going organic? That depends on who you ask and which studies you consult. But if you do choose to buy organic foods, here are some science-backed bonuses you're likely to get in return.

In a modern world that values activity, achievements, and results, it is perhaps surprising that more people are turning to meditation. For all the activity of modern society, people still feel a fundamental need for silence, inner peace, and a moment of reflection. Meditation can reduce stress and help us relax, but, in reality, it also can provide a lot more. Some of the benefits that daily practice of meditation can provide us follow.



Divorce. Job loss. Illness. The death of a loved one. What does one do after experiencing any of life's major turning points? Change Your Story, Change Your Life tackles that question and shows readers how to become the hero of their own stories and change the direction of their lives. After working as a Hollywood story analyst for more than 20 years, 12 of them as a studio executive, Jen Grisanti provides readers with the story tools necessary to "write their story" the way they wish it to be — and to "change their life" in the process.



More than any other personality trait, gratitude is strongly linked to mental health and life satisfaction. Grateful people experience more joy, love, and enthusiasm, and they enjoy protection from destructive emotions like envy, greed, and bitterness. Gratitude also reduces lifetime risk for depression, anxiety, and substance abuse disorders, and it helps people entangled with those and other problems to heal and find closure. It can give you a deep and steadfast trust that goodness exists, even in the face of uncertainty or suffering.

While regular journaling has been proven to improve your wellbeing, making a point of jotting down all the things that you are grateful for can take the experience to a whole new level.