

Facilitated by Nina Weyl  
December 26-29, 2014 (Friday-Monday)

## BE STILL AND KNOW ANNUAL YEAR-END SILENT RETREAT

Do you find yourself longing for more spirit and simplicity during our winter holiday season? Many of us do, and find our way to the



year-end silent retreat at Woolman Hill. At this retreat, we can relax into the beauty of the land and the peace cherished on the hill, and we can relax into the support of community that Woolman Hill represents. This allows us to safely move awareness inward, merging and yielding into our

own True Nature, listening uninterrupted to the yearnings of our intrinsic divinity.

The shared rhythm of our days will be set by three meals, taken in silence, along with optional offerings of worship sharing, yoga, walks, meditation, and available art supplies. Around these group events, each person can follow their own inner inclinations for more or less solitude. We will be practicing Noble Silence during our time together, and when we gather on the Hill more will be said about what that looks like and how we do that.

*Nina Weyl* is a member of Mt. Toby Friends Meeting in Leverett, MA, and its out-going clerk. She has studied and practiced Buddhist philosophy and meditation for 25 years, including a four-month silent retreat at Gaia House in England. In 1995 she received her Kripalu Yoga Teacher Certification, and a year later founded the Yoga Studio in Amherst, MA, where she continues to teach yoga and meditation.



Program cost of \$295 includes program, housing and meals, Friday dinner through Monday lunch. Scholarships are available.

WOOLMAN HILL  
Quaker Retreat Center

[www.woolmanhill.org](http://www.woolmanhill.org)  
[info@woolmanhill.org](mailto:info@woolmanhill.org)  
[www.Facebook.com/WoolmanHill](http://www.Facebook.com/WoolmanHill)  
107 Keets Road  
Deerfield MA 01342  
413-774-3431

**WOOLMAN HILL Quaker Retreat Center**  
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#### COST & REGISTRATION

The standard rate for this retreat is \$295. The fee includes program, lodging and food from Friday dinner through Monday lunch. Commuter rate is \$225. Please ask if you need scholarship funds. A non-refundable deposit of \$50 is required to hold a space for a program. If you need to cancel, the deposit can be applied toward a future workshop.

#### ARRIVAL & DEPARTURE

Plan to arrive after 4:30pm Friday evening, in time for dinner at 6:30. The workshop will end by 2pm on Monday. We are centrally located in western Massachusetts, close to both I-91 and Route 2. For those arriving by car, we will send directions after you register. Please let us know if you'd be interested in carpooling. The nearest Amtrak train station is in Amherst. Vermont Transit and Peter Pan bus lines stop in Greenfield. Please contact us in advance to arrange a ride from these stations.

#### ROOM & BOARD

Our 19<sup>th</sup>-century farmhouse has hand-hewn beams and wide pine floors, with simple dorm-style lodging. The meetinghouse and the first floor of the main building are wheelchair accessible. We serve nourishing, primarily vegetarian, home-cooked meals and always offer a vegetarian option. Please let us know if you have any dietary restrictions. Part of the community building at each retreat includes the joyful sharing of meal chores and clean-up.

#### WHAT TO BRING

Please bring your own toiletries, towels, and bedding (sleeping bag or sheets and blankets or comforter). Pillows are provided. Be sure to bring seasonally appropriate clothes and comfortable indoor and outdoor footwear. You might also like to bring a flashlight, journal, book of poetry... Please do NOT bring pets or candles. We have limited internet access and cell phone reception. We encourage guests to consider whether cell phone or computer use will detract from their experience of being fully present, here and now.

To register for this program, please fill out the information below and send it to us with a \$50 deposit made payable to Woolman Hill. The balance is due at the beginning of the workshop. TO REGISTER ON-LINE or for more details about our programs and facilities, please visit our website ([www.woolmanhill.org](http://www.woolmanhill.org)).

WINTER SILENCE, December 26-29, 2014	
NAME:	
E-MAIL:	PHONE:
ADDRESS:	
MONTHLY MEETING (if applicable):	
Enclosed is \$_____. I plan to pay a total of \$_____ (\$295 standard rate, \$225 commuter).	
DIETARY, HOUSING, OR OTHER SPECIAL NEEDS:	