

mindful café presents

Celebrate Community

A 4-Day Women's Retreat at a beautiful private home
Ahwahnee, California 🍃 October 10-13, 2025

A weekend for celebration, gathering together in community.
Connect, support, share, learn, meditate, heal and eat!

WHY YOU SHOULD GO!

- **Opening ceremony** to set the intention for the weekend.
- Solstice and full moon **rituals**.
- Welcome **goodie bag**.
- Three days of **vegetarian (with vegan options) meals** beginning with dinner Friday and ending with lunch on Monday.
- Group guided meditations to quiet your mind **and allow your soul to speak**.
- Special **Tea Meditation**.
- Use of the walking trails surrounding the property for wandering or just sitting in meditation, contemplation or prayer.
- Use of **private pool!**
- Plenty of quiet time for personal meditation practice and **self-care**.
- Time to **connect with others**.
- **Movie Night!** A Mindful Café tradition.
- Guided **Forest Bathing** practice.
- **Special guests** with **surprise** practices!
- Tentative **optional massage**.
- **Closing ceremony** to reflect on our time together.

\$525 registration

Register with a friend for \$505 each

All inclusive - room, meals, all activities
(unless otherwise noted as optional)!

Space is limited.

Registration closes on September 26, 2025.

You must register by that date
in order to be included.

Complete the attached registration
form and return, along with method of
payment, to the address indicated.

Questions? Contact Susan Madden at

mindfulcafe@yahoo.com

or (559) 760-0732.

Facilitated by Susan Madden. Susan is a certified meditation instructor, Morning Altars teacher, Forest Bathing guide, labyrinth facilitator, general all-around foodie, nutrition junky and lifelong learner. Mostly, she's created a happy life (through much trial and error) and wants to share that happiness with others!

Celebrate Community

Mindful Café

Celebrate Community Women's Retreat

October 10-13, 2025

Payment & Cancellation Policy: You must register and pay in full by September 26, 2025 to attend this retreat. No refunds will be given after **September 26, 2025**, however, substitutions will be permitted. To ensure your spot, it is suggested you reserve with \$100 refundable deposit as soon as possible, balance due on September 26, 2025. Please use a separate form for each attendee. Please print clearly.

Name _____ Email _____

Mailing Address _____

City _____ State _____ Zip _____

Best Phone _____ Alternate Phone _____

If "register with a friend" discount, name of friend _____

Name of Roommate (if known) _____

Most rooms are double occupancy

Special diet? I'll eat anything! I'm a vegetarian I'm a vegan I'm gluten-free

Other (allergies, etc.) _____

Check-in time is between 3pm & 4pm on Friday, October 10. If you are not able to make that time, due to conflicts with work, etc, please let me know now and include expected time of arrival.

Anything else you wish to share about yourself (allergies, physical limitations, etc.)?

Amounts Enclosed

\$100 Deposit (balance due September 26, 2025)

\$525 Payment in Full

\$20 "register with a friend" discount

Total \$ _____

check Zelle credit card

Credit card payments incur a \$15 processing fee

If you wish to pay by credit card please contact me

Make checks payable to:

Susan Madden

129 NE 33rd Street

Newport, OR 97365

Zelle: (559) 760-0732

Questions? Contact Susan Madden at mindfulcafe@yahoo.com or 559-760-0732.

Additional information including directions and what to bring will be provided after your registration is complete.
Return this completed form to mindfulcafe@yahoo.com or Susan Madden, 129 NE 33rd St, Newport, OR 97365