

Residential Retreat with Jac O'Keeffe

Feb 5th — Feb 10th, 2019



*“Satsang is returning your attention
to where it was at peace before the I thought”*

A 5-day silent residential retreat with Jac will be held at Kashi Ashram in Sebastian Florida. Located on 80 acres of lush semi-tropical land that adjoins the St. Sebastian River, Kashi offers accommodations in a beautifully secluded part of the property especially suitable for meditation, yoga and wellness retreats.

This year's retreat offers 4 days of satsang and 1 processing and integration day to meditate in the supportive environs of an ashram, book a massage, or take a guided canoeing trip on the St. Sebastian river.



Semi-private rooms available



Temple area around Ganga pond

The retreat begins Feb 5th with dinner and ends on the 10th at 1:30 pm after a morning satsang followed by lunch.

The daily schedule will include two satsangs, meditation, and kirtan with Jac. Integration day will include meditation and kirtan with Jac. It is requested that silence be maintained outside of satsang.

Price Package

Cost is per person and includes **initial deposit, tuition, meals and lodging** for 5 nights.

- Dorm stay (max 4 to a room): **\$1000**
- Semi-private (2 or 3 beds to a room): **\$1125**
- Private single room (shared bath): **~~\$1225~~ (booked out)**
- Double room w/bath: **~~\$2500~~ (\$1250 per person) (booked out)**
- Camping: **~~\$850~~ (booked out)**
- Commuter (includes meals but not lodging): **\$780**

To register please contact: Dianne at jac.kashicenter@gmail.com